

**THE INFLUENCE OF ADULT ATTACHMENT STYLE ON MARITAL
SATISFACTION IN HASIDIC/ARRANGED MARRIAGES AND THE IMPACT OF
MARITAL EXPECTATIONS ON THE QUALITY OF MARRIAGE**

A dissertation submitted

by

YEHOSHUA BOCHNER

to

FIELDING GRADUATE UNIVERSITY

in partial fulfillment of the
requirement for the degree of

DOCTOR OF PHILOSOPHY IN PSYCHOLOGY

With an emphasis in
Clinical Psychology

This dissertation has been accepted for
the faculty of Fielding Graduate University by

Sanford L. Drob, PhD
Chair

Joseph P. Bush, PhD
Methods Expert

Debra Bendell, PhD
Faculty Reader

R. Chris Fraley, PhD
External Examiner

UMI Number: 10141655

Copyright © 2016 by
YEHOSHUA BOCHNER

All rights reserved.

The Influence of Adult Attachment Style on Marital Satisfaction in Hasidic/Arranged Marriages
and the Impact of Marital Expectations on the Quality of Marriage

By

Yehoshua Bochner

ABSTRACT

In this study I evaluate adult attachment style as one factor influencing satisfaction in arranged/Hasidic marriages. Previous research has shown that adult attachment styles are important for understanding marital satisfaction in romantic marriages. I hypothesized, however, that attachment style, although influential, may be less important for marital satisfaction in arranged marriages because expectations for marital intimacy are potentially different in arranged marriages versus romantic ones. Data were collected on one hundred Orthodox married men and women in romantic marriages and one hundred married men and women in arranged/Hasidic marriages in the New York Metropolitan area who responded to announcements on social media and community outreach. Participants consisted of two target groups, Hasidic Orthodox Jews residing in Brooklyn (specifically Borough Park and Williamsburg - two Brooklyn neighborhoods with large Hasidic populations), Monroe New York, and Rockland County, who practice arranged marriages and a Jewish Orthodox population from the larger New York Metropolitan area who married based on romantic interests. The non-Hasidic population was recruited from Queens in New York, Monsey New York, and Midwood in Brooklyn (many residents in these areas marry based on romantic interest). Data was examined utilizing the Experience in Close Relationships – Revised Edition (ECR–R) to ascertain individuals’ attachment styles, the Revised Dyadic Adjustment Scale (RDAS) to

indicate the quality of the marriage, and a modified Personal Assessment of Intimacy in Relationships (PAIR) to assess participants' expected intimacy levels. Results indicated that adult attachment style was significantly associated with marital satisfaction. Expectation for marital intimacy was found to mediate the association between attachment anxiety and marital satisfaction. The findings suggest that adult attachment style is an important factor influencing marital satisfaction and may be partially mediated by the level of expectation for marital intimacy.

Keywords: relationship anxiety, relationship avoidance, adult attachment style, marital satisfaction, marital expectations, intimacy, arranged marriages, Hasidic Jews, orthodox Jews

ACKNOWLEDGMENTS

So many people throughout my journey have offered me guidance, encouragement, and help. Dr. Drob you took on a serious challenge when you accepted me into the program. You promised my wife that I would make it to the finish line. You delivered on your promise. My PhD would never have been realized if not for your steadfast confidence in me that I can do it. Dr. Read I will never forget your card that you gave me at “OPS” inscribed with such a personal and meaningful message, “Believe in you because we believe in you”. You saw my vulnerability and did not let me become submerged by it. Dr. Steinman, you so competently and calmly helped me navigate so many hurdles. I really question that “Litvak’s heart.” My dissertation committee, Dr. Drob, Dr. Bush, Dr. Bendell, and Dr. Fraley, for reading, re-reading, and re-reading again and again until I produced a most beautiful dissertation. Thank you Dr. Saba for being my first influence to research and statistics. You believed that I “have a natural instinct for statistics”. Dr. Sangster, your competence and dedication embellished every aspect of this dissertation. I owe a tremendous gratitude to Fielding and its entire community for providing a rigorous PhD program designed to accommodate non-traditional students.

My parents for being a source of steadfast support. I would never have begun this journey without your guidance, encouragement, and support both emotionally and financially. My awesome siblings that were so proud of me getting my PhD (or KcD PDD or whatever it is). Zaidy and Bobby Lefkowitz for providing me with a beautiful safe-haven where I can focus, concentrate, and study. And of course, for the financial help along the way. Mendy and Zissy Zilberberg for opening their hearts and home to me and my family. Shlomie and Brucha Meltzer you had foresight. You were there when I started college and proudly attended my graduation. So many phone conversations where you adamantly refused to let me throw in the towel. You

used every technique available in your life coaching arsenal to propel me to action. I owe a special dedication to my many dear students. Thank you for providing for me such a beautiful venue to develop, share, and challenge so many psychological and philosophical perspectives. I do not know why, but Dr. Press you have given me the opportunity of a lifetime, entrusting me with teaching such fundamental and important topics. Over the years, I strived to become a better teacher because I knew that you trusted that I would always try my upmost best. Finally, to every individual who offered a smile and a word of encouragement, you will never know how meaningful it was to me. Thank you!

DEDICATION

I would like to dedicate this dissertation to every person struggling with their respective difficulties. I hope that you are able, as I was, to overcome and triumph the many obstacles in your way. So many have stated so unequivocally that I would never achieve my goal. I did.

Through my darkest times it was my sweet children's' faces that kept me afloat. You children were there when I came home from *kollel*, failed and finally passed my CDL. You rode along with me as I drove the school bus, saw me through college, and the near impossible journey through graduate school. Shmuel, my oldest, the title "a royal prince" encapsulates your persona most accurately. You are a fountain of talent and kindness. Through all the changes and tumultuous times, you possessed an agelessness and a maturity unimaginable for a child your age. Chave'le, my dear daughter, you are elegant and delicate as a beautiful flower yet fierce as a tigress when determined to pursue what you think is right. Your brilliant mind and all-encompassing personality illuminates the world. Rochmy you are simply put - delicious. Your smile and gregarious personality makes this world so much of a better place. Your humility and self-deprecation has never fooled me. I know how intuitive, smart, and innovative you are. Rochmy you have a unique ability to understand and empathize with others as so few can. Shulem, what magic do you possess? You make everything worth it and okay. You were born with a unique serenity that has never left you. In my most difficult times, just talking to you made everything so much more bearable. I am so excited to watch you develop into the beautiful person you are becoming. And of course, our little baby, Yanky. It is so hard to write about you. Thinking about you overwhelms me. You are the baby of the family and you have a special dear spot in all of our hearts. You have the most lovable face and the cutest personality.

What a rambunctious little devil you are. You are so adorable and full of life. And of course, a child prodigy! I love all of you so very much. I couldn't be a prouder father.

Last but not least, there is no way to describe what it took for my dear wife to endure so many tribulations and difficult times. Chaya Toby, with all that we have been through only you can appreciate what super human effort it took to get to this point. We absolutely did the impossible. Social convention requires that we present our life as utopia. You know better. You know the pain, frequent frustration, and the unrelenting flow of doubters making our journey all that much more difficult. As any person lucky enough to know you would attest, you are a remarkable, humble, and extraordinary human being. Thank you for supporting me emotionally and financially through so many years of school. We can serve as an inspiration to so many couples facing seemingly insurmountable obstacles that "yes you can". This dissertation was inspired by our marriage. Our union was a typical arranged marriage and together we have made it anything but typical. Hopefully, this dissertation will launch a better understanding and appreciation of the constructs that contribute to a happy marriage.

TABLE OF CONTENTS

	Page
CHAPTER ONE: INTRODUCTION	1
CHAPTER TWO: REVIEW OF THE LITERATURE	5
Adult attachment and marital satisfaction	5
Association between adult attachment style and marital satisfaction	9
Expectation for marital intimacy	11
Arranged marriages	15
Patterns of love	15
Defining arranged marriage	16
Challenges to satisfaction in arranged marriages	17
Factors that influence the longevity of a marriage	21
Definition of Hasidic	25
Sexuality and marriage in Hasidic cultures	26
CHAPTER 3: STATEMENT OF THE PROBLEM	28
Purpose of the study	28
Operational definition of terms	30
Research question	32

Hypotheses	33
CHAPTER FOUR: METHODS	35
Power analysis	35
Participants	36
Measures	38
Procedures	41
Data analysis	43
CHAPTER FIVE: RESULTS	51
Data acquisition and scoring	51
Data conditioning	52
Sample characteristics	59
Inferential statistics	61
Summary of Hypotheses	76
Conclusion	78
CHAPTER SIX: DISCUSSION	79
Purpose of the study	79
Results of the analysis	81

Clinical implications	85
Limitations of the study	86
Directions for further study	88
Conclusion	90
REFERENCES	91

LIST OF APPENDICES

	Page
APPENDIX A: IMAGES OF STUDY'S WEBSITE	104
APPENDIX B: LIST OF QUESTIONNAIRES	108
APPENDIX C: MARRIGE STYLE QUESTIONNAIRE	112

LIST OF TABLES AND FIGURES

	Page
Table 1. Power Analysis	36
Table 2. Descriptive Statistics	60
Table 3. Pearson Correlations	60
Table 4 Frequencies of Dichotomous Variables	61
Table 5. Model 1 Overall Regression Statistics	62
Table 6. Model 1 Coefficients	63
Table 7. Omnibus Results, Models 2 through 5 ^a	67
Table 8. Coefficients, Models 2 through 5 ^a	68
Table 9a. Omnibus Results, Model 5 ^b	71
Table 9b. PROCESS results	72
Table 10. Coefficients, Model 5 ^b	72
Table 11. Coefficients, Model 6 ^a	75
Table 12. Coefficients, Model 6 and 7 ^a	75
 Figure 1. Conceptual Model	 34
Figure 2. Computational Model	45
Figure 3. Histogram for Age	54
Figure 4. Histogram for Years	54
Figure 5. Histogram for Income	55
Figure 6. Histogram for Marital Intimacy	55
Figure 7. History for Marital Satisfaction	56

Figure 8. Histogram for Relationship Anxiety	56
Figure 9. Histogram for Relationship Avoidance	57
Figure 10. Boxplot Metric and Ordinal Variables	58
Figure 11. Boxplot of ExpectedIntimacy	58
Figure 12. Histogram of First Hierarchal Regression	69
Figure 13. Heteroscedasticity and Linear Scatterplot	69
Figure 14. Histogram of Elimination Hierarchical Regression Residuals	73
Figure 15. Eliminated Hierarchy Heteroscedasticity	73
Figure 16. Histogram Second Hierarchal Regression Residuals	76
Figure 17. Second Hierarchy Heteroscedasticity and Linearity Scatterplot	76

CHAPTER 1: INTRODUCTION

Marriage is a nearly universal institution, one that transcends culture, ethnicity, race, gender, and religion (Coombs, 1991). Moreover, married individuals tend to experience greater physical and emotional well-being than comparable individuals that are not married (HHS, 2007). Researchers have found that married people experience more happiness, better health, and are less likely to die young as compared to non-married individuals. Some researchers found marriage to be a better predictor of physical and mental health than education, income, age, race, or childhood experiences (Gove, Hughes, & Style, 1983). These findings were found across cultures and ethnicities (Goldman, 1993). The power of a healthy relationship is well captured in John Bowlby's (1907 – 1990) words, "Human beings of all ages are happiest and able to deploy their talents to best advantage when they are confident that, standing behind them, there are one or more trusted persons who will come to their aid should difficulties arise" (Bowlby, 1979, pp. 103-104).

Prior research indicates that attachment style during adulthood is an influential factor in determining marital satisfaction in secular relationships (e.g. Banse, 2004; Hazan & Shaver, 1987). In this dissertation I investigated whether adult attachment style is equally important in Hasidic/arranged marriages as it is in romantic based marriages. Because Hasidim in arranged marriages potentially have less marital expectation for intimacy (Berger, 2014; Bergner, 2015), I hypothesized that adult attachment is less important in Hasidic/arranged marriages as compared to orthodox Jewish marriages that are romantically based. In this dissertation I further hypothesized that marital expectation for intimacy mediates the association between adult attachment style and marital satisfaction in both, Hasidic/arranged marriages and in orthodox romantic marriages.

The research was conducted in the context of adult attachment theory as conceptualized by contemporary adult attachment theorists (e.g. Brennan, Clark, & Shaver, 1998; Fraley, Waller, & Brennan, 2000; Hazan & Shaver, 1987). Adult attachment theory is based on attachment theory originally developed by John Bowlby (1907 – 1990). Bowlby's major intent was to describe and explain the process of how infants attach to their primary caregivers and the emotional distress experienced upon separation. Mary Ainsworth, building upon Bowlby's conceptualizations, is known for her pioneering work on attachment and for delineating an attachment classification model. Ainsworth conceptualized three styles of attachment: (1) *secure attachment*, (2) *insecure – avoidant attachment*, and (3) *insecure – resistant attachment* (Ainsworth, Blehar, Waters, & Wall, 1978). A fourth category, *disorganized attachment*, was later introduced by Mary Main with the endorsement of Ainsworth (Main & Solomon, 1990). According to attachment theory, adult romantic love can be viewed as a manifestation of the same kinds of attachment processes that play out in the context of infant-caregiver relationships. However, in this dissertation I do not assume any predictable continuity between adult attachment style and infant/caregiver attachment style. It is beyond the scope of this dissertation to discuss the stability of attachment style from infancy through adulthood.

Adult attachment theory adopted the basic principles of childhood attachment styles described by Ainsworth et al., (1978) with several modifications. Bartholomew and Horowitz (1991) introduced an adult attachment classification model based on two fundamental constructs, *model of self* and *model of other*. The two constructs result in a four-group typology: (a) *secure*, (b) *preoccupied*, (c) *dismissing*, and (d) *fearful* (Bartholomew & Horowitz, 1991). Subsequently, Brennan, Clark, and Shaver (1998) introduced a self-report adult attachment measure using *avoidance* and *anxiety* as the two major scales which produce

the four aforementioned attachment styles described by Bartholomew and Horowitz (1991). I use these two constructs, relationship anxiety and relationship avoidance (also referred to as attachment anxiety and attachment avoidance), as the underlying constructs of adult attachment style.

A possible distinction between romantic and Hasidic/arranged marriages is what individuals expect of the marriage and particularly expectations relating to intimacy (Berger, 2014; Bergner, 2015). Expectation of intimacy, in this dissertation, is defined as *emotional intimacy, social intimacy, sexual intimacy, intellectual intimacy, and recreational intimacy* (Olson & Schafer, 1981). Emotional intimacy refers to the ability and freedom to share feelings in a non-defensive atmosphere where the individual feels supported and understood. Social intimacy is the experience of sharing common friends and a supportive social network. Sexual intimacy is defined by receiving and sharing affection, touching, physical closeness and sexual activity. Intellectual intimacy is the experience of sharing ideas about life, philosophy, theology, current affairs, and job related issues. Recreational intimacy is an interest in sharing hobbies, pastimes, mutual participation in sporting events, or an involvement in any form of recreation or leisure activity (Olson & Schaefer, 2000). Although, to my knowledge, there is no empirical literature addressing issues of marital intimacy in regards to Hasidim, the existing literature suggests that Hasidim generally enter marriage with little expectation for romance and intimacy (Bergner, 2014).

Hazan and Shaver (1987) found that the style of adult attachment influences how romantic love is experienced. They conceptualized romantic love as an attachment process, “a biosocial process by which affectional bonds are formed between adult lovers, just as affectional bonds are formed earlier in life between human infants and their parents” (Hazan &

Shaver, 1987, p. 511). In this dissertation I raise the question whether adult attachment style has a greater significance in romantic marriages, which potentially have higher expectation for marital intimacy as compared to arranged marriages, which potentially have lower expectation for marital intimacy.

I hypothesized adult attachment style to have a greater impact on marital satisfaction in romantic marriages because the potential of greater expectation for marital intimacy thereby placing greater demand on the marriage. Conversely, I expected that adult attachment style will be less important for marital satisfaction in Hasidic/arranged marriages because there is potentially less expectation for intimacy (Berger, 2014; Coontz, 2005), thereby placing less of a demand on the marriage.

My goal in this study is to contribute to our knowledge about marital satisfaction by seeking answers to the following research questions: (a) Is adult attachment style associated with marital satisfaction? (b) Is adult attachment style more important in romantic marriages than in arranged marriages? and (c) Does expectation for marital intimacy add to the predictability of the importance of a healthy attachment style?

I approach the question of generalizability cautiously. While this study is centered on the Hasidic community, many other cultures around the world still practice arranged marriages (as is common in many parts of Latin America, Asia, Africa, and the Middle East) (Coontz, 2005). Some of the findings in the present study may be applicable to a wider range of cultures practicing arranged marriages. However, caution should be exercised when generalizing to other cultures. Hasidim are unique in regards to their religion, rigid adherence to Jewish law that is applicable in every aspect of their lives, their mode of dress, insularity, eating habits, and separation of the sexes amongst a host of other distinct differences (Berger, 2014). Perhaps,

some of the findings in the present study may serve to generate cautious hypotheses in other cultures practicing arranged marriages.

CHAPTER 2: REVIEW OF THE LITERATURE

In this section I review the literature pertaining to marital satisfaction and the interaction between adult attachment style and marital satisfaction. I will also review how expectation for marital intimacy influences marital satisfaction. Finally, I review some of the pertinent literature discussing arranged marriages.

Throughout this dissertation Hasidim and their culture will be mentioned frequently. Often times, the reader may wonder about the lack of empirical data to support some of the assertions regarding Hasidim. Hasidim insulate themselves against interacting and being exposed to the larger secular world (Berger, 2014). As such, there is a dearth of research pertaining to Hasidim. For example, in a recent search on *FastSearch* (a search engine that includes thousands of journals), without specifying a time frame, using key words “Hasidim” and “Hasidic”, and refining the search to only include psychology related journals, resulted in 36 publications! This is not to say that there are no other resources to find relevant literature about Hasidim, but rather to illustrate the extreme dearth of available literature pertaining to Hasidim. Alternatively, much of the information in this dissertation was obtained by reviewing articles published in the ultra-orthodox literature and a variety of books published about Hasidic Jews.

Adult Attachment Style and Marital Satisfaction

Adult attachment theory is based on John Bowlby’s theory of caregiver/child attachment. The theory was further developed by Mary Ainsworth (1913 – 1999) who characterized three styles of attachment, secure, avoidant, and resistant/ambivalent. Bowlby (1979) was the first major theorist to propose that attachment styles will characterize romantic and marital relationships. Hazan and Shaver (1987) were the first to postulate that adult

romantic relationships can be conceptualized similar to attachment behavior that develops between caregiver and child. Hazan and Shaver (1987), in their study, maintained the terminology used by Ainsworth and colleagues (1978). Subsequent research by Bartholomew and Horowitz (1991) resulted in a new four – category adult attachment model based on the individuals' self-image and image of others. Brennan, Clark, and Shaver (1998) created a new adult attachment measuring instrument based on two scales – *Avoidance* and *Anxiety*.

Avoidance refers to a general discomfort with closeness and anxiety relates to a preoccupation with attachment, jealousy, and a fear of rejection. The combinations of the two scales results in the four prototypic attachment styles described by Bartholomew and Horowitz (1991). The four adult attachment patterns consist of a) secure, b) fearful, c) preoccupied, and d) dismissing attachment. Secure individuals score low on both – avoidance and anxiety. Individuals with a fearful style score high on both – avoidance and anxiety. Preoccupied individuals score low on avoidance and high on anxiety. Finally, the dismissing type scores high on avoidance and low on anxiety. In this dissertation, when using the term adult attachment style, I am referring to the scales (avoidance and anxiety) and the four attachment types (secure, fearful, preoccupied, and dismissing).

Based on Ainsworth et al's. (1978), identification of the three styles of parent-child attachment, Hazan and Shaver (1987) proposed that romantic love can be conceptualized as a continuous attachment process similar to the association between attachment style and the bond between caregiver and infant. Using an adjective checklist, Hazan and Shaver found that participants described the relationship with their parents and partners with similar adjectives, thereby supporting the hypothesis of an attachment style continuum from infancy into adulthood.

Hazan and Shaver (1987) attempted to assess what Bowlby referred to as *working models of relationships*. The researchers constructed a list of seven statements reflecting the models of relationships described by Bowlby. Five hundred seventy-four participants either endorsed each of the seven statements or left it blank. For example, the first statement, “The kind of head-over-heels romantic love depicted in novels and movies doesn’t exist in real life (Hazan & Shaver, 1987, p. 516)” was endorsed by 25% of avoidant participants, 28% of anxious/ambivalent participants, and only 13% of secure participants. The results suggest that secure lovers generally experience a more stable sense of contentment in their relationships, and although romantic feelings may intensify and diminish overtime, secure participants reported frequently re-experiencing the intensity of their initial love, while others claimed that their original romantic love did not fade. On the other hand, a majority of avoidant lovers reported that the intense romantic love commonly depicted in movies does not exist in real life. Instead, they claimed that romantic love is a transitory feeling. Avoidant lovers related that it is difficult to find a person with whom to develop a strong romantic relationship. The anxious/ambivalent group presented a less decisive attitude. They frequently reported that it is easy to fall in love and experience strong romantic feelings. However, they reported having a hard time holding on to positive and loving feelings and rarely developed long-lasting loving relationships (Hazan & Shaver, 1987).

Hazan and Shaver (1994) proposed that attachment style can serve as an organizational system for understanding close relationships. They described secure lovers in romantic relationships as happy, friendly, and trusting. They are capable of tolerating their partners’ faults. The relationships of avoidant lovers are characterized by fear of intimacy, emotional highs and lows, and jealousy. The anxious ambivalent group experiences love complete with

obsessions, desire for reciprocation and commitment, emotional highs and lows, extreme sexual attraction, and jealousy. This style is typified by a lack of confidence in the responsiveness of the other. The individual is likely to devote great effort to keeping others close and engaged. These attempts are accompanied by feelings of great distress and frequent expression of anger. The constant sense of unease in the relationship is often a contributing factor to the higher divorce rate observed in insecure individuals (Hazan & Shaver, 1994).

In contrast to most of the studies that utilized a cross-sectional research design, Holland, Fraley, Roisman (2012) used a longitudinal design to analyze the connection between adult attachment style and interpersonal functioning. They found that attachment-related anxiety predicted relationship functioning. For example, anxiety (in relationships) was found to be negatively correlated with self-reported relationship functioning ($b = -.22, p < .01$). Similarly, anxiety was also negatively correlated with observed relationship functioning ($b = -.19, p < .05$). Using an instrument to assess physiological reactivity in spouses, Holland, et al., found that anxiety was significantly correlated with skin conductance reactivity ($b = .20, p < .01$).

The advantages of a longitudinal design are that it eliminated the possibility that attachment style and interpersonal functioning are correlated as a result of a satisfying relationship and not because of the attachment style. However, by controlling for preceding levels of satisfaction, a longitudinal design can elucidate the correlation between attachment style and interpersonal functioning.

Association between Adult Attachment Style and Marital Satisfaction

As discussed, the correlation between attachment and marital satisfaction has been addressed in the past three decades. More recently, an effort has been made to understand the factors that contribute to the apparent relationship between attachment and marital satisfaction.

While sexual attraction and the need for physical closeness is an important element of the formation of a meaningful relationship, with time, the intense need for close contact diminishes (Hazan & Shaver, 1994). In fact, researchers have found that attraction and sexual passion are most important in the early phases of a relationship. However, the need for comfort and emotional support become increasingly a primary focus of a long-term successful relationship (Reedy, Birren, & Schaie, 1981). From an attachment perspective, the most important element is whether the partner can be experienced as a reliable safe base. While it may be possible that attraction and sexual gratification initially draw couples together, ultimately if partners fail to satisfy each other's need for comfort and security the likely result will be dissatisfaction (Hazan & Shaver, 1994). Some research has shown that sensitive and responsive care was the strongest predictors of marital strength (Kotler, 1985). The sense of a secure base may be a prolonged process and may need an explicit commitment to the relationship (Hazan & Shaver, 1994).

According to attachment theory, marriage functions as a form of attachment. Accordingly, a basic function of marriage is to provide a sense of security, which results in better psychological and physical functioning. Additionally, a healthy attachment with one's spouse assists the individual to pursue personal goals and increases curiosity and exploration. On the other hand, the loss of a spouse or spousal support is frequently associated with

heightened anxiety, panic, anger followed by lethargy and a depressed mood (Selcuk, Zayas, & Hazan, 2010).

Spouses with a healthy attachment provide *stress buffering* for each other. Stress buffering refers to the process whereby spouses attenuate each other's reactivity to stress, thereby stabilizing feelings of security even when faced with significant stressors. In addition to the psychological benefits of a healthy attachment, stress buffering also influences aspects of the neurobiological system that become activated when a healthy attachment figure is introduced. The figure can be physically or symbolically present to activate the stress buffering system. The increased release of oxytocin results in feelings of trust, love, and feelings of affiliation. Endogenous opioids, such as oxytocin, decrease the intensity of physical pain (Sbarra & Hazan, 2008). The symbolic or physical presence of a healthy attachment figure improves regulation of the hypothalamic-pituitary-adrenocortical axis (HPA) and the autonomic nervous system (ANS), which are partially responsible for various physical and psychological disorders (Selcuk, Zayas, & Hazan, 2010).

Another connection between a healthy attachment style and marital satisfaction is the concept of *synchrony*. Synchrony is an interactional process between spouses that results in a coordination of their psychological and physiological states over time. This coordination becomes an internal process and contributes to an emotional sense of security. Synchrony is bi-directional, affecting both spouses. Saxbe and Repetti (2010) investigated the co-regulation of spouses' mood states and cortisol levels. The study collected saliva samples from 30 married couples. Saliva and mood states were collected four times a day for a duration of three days. Using a series of correlational measures, Saxbe and Repetti found that when one member in a synchronized couple experiences a rise in cortisol, the other partner will reflect a similar rise in

their cortisol level ($\beta = .28, p < .05$). Additionally, synchrony between couples regulates physiological functioning before, during, and after stressful events. As attachment forms between two individuals, their psychological and physiological systems become synchronized with one another. This attachment leads to a relationship that becomes a primary source of regulation for both partners. From an attachment perspective, synchrony affords the possibility for optimal psychological and physiological homeostasis by providing an anchor for effective functioning (Saxbe & Repetti, 2010).

In a related study, Hudson, Fraley, Brumbaugh, and Vicary (2014) examined the ability of couples to co-regulate each other's attachment security. Hudson and colleagues studied 172 couples over a one-year period and assessed their adult attachment functioning at five intervals. The correlation between partner's anxiety level ranged between .20 (the first two assessments) and .27 (at the three last assessments). Similarly, correlation of partner's levels of avoidance over the five assessment intervals ranged from .35 to .64. The findings support the notion that feelings of attachment are frequently shared between partners (Hudson et. al., 2014).

Expectation for Marital Intimacy

A potential possible distinction between romantic and arranged marriages is the expectation of marriage and particularly expectations relating to love and intimacy. Norman Vincent Peale, famously stated "Things become better when you expect the best instead of the worst" (1952). Conversely, the English poet Alexander Pope wrote "Blessed is he who expects nothing, for he shall never be disappointed" (Bartlett & Dole, 2000).

The term expectation, when used in association with marriage, has several definitions. In this study I am referring to expectation for marital intimacy. Olson and Schafer (1981) defined marital intimacy as a desire for emotional, social, sexual, intellectual, and recreational

intimacy. Emotional intimacy refers to the ability to share feelings in a non-defensive atmosphere where the individual feels supported and understood. Social intimacy is the experience of sharing common friends and a supportive social network. Sexual intimacy is defined as receiving and sharing affection, touching, physical closeness and sexual activity. Intellectual intimacy is the experience of sharing ideas about life, philosophy, theology, current affairs, and job related issues. Recreational intimacy, is an interest in sharing hobbies, pastimes, mutual participation in sporting events, or an involvement in any form of recreation or leisure activity (Olson & Schaefer, 2000).

According to Schaefer and Olson (1981) intimacy is a primary goal for most people. Furthermore, they claim that a direct relationship exists between marital intimacy and marital satisfaction. Others have even suggested that a degree of adult intimacy is vital for normal human development (e.g. Dandeneau & Johnson, 1994; Erikson, 1950).

As is customary in Hasidic cultures, topics relating to marital intimacy (especially as it relates to sexuality) are not discussed (bar the essential necessities). Instead, the marital relationship is heavily cloaked in the context of a continuum in pious religious practice (Berger, 2014). Bergner (2015) of the New York Times, conducted an insightful interview with Bat Sheva Marcus, a sexual dysfunction specialist who works with an orthodox Jewish population. She reflected about her Hasidic female clients who “have zero – zero – connection to pleasure. And there’s no vocabulary to start with them. We have an intake form to fill out, and they get to ‘orgasm’ and go to the receptionist and ask, ‘what is this?’” According to Marcus, her Hasidic clients have no understanding of the concept of being ‘aroused’.

Glenn (1991), reflecting on the high divorce rate in the United States, states “Increased expectations of marriage are almost certainly involved (p. 268)” in the decline and steady

increase of divorce. Similarly, Sabatelli (1988) conducted a study comparing marital expectations of married individuals and individuals that were never married. He found that never married participants had significantly higher marital expectations than the married group ($t = 8.56$ $p < .01$ for the never married group and $t = 6.80$ $p < .01$ for the married group).

Consistent with the data, Glenn suggests that marriage educators and counselors should emphasize the importance of exercising realistic marital expectations. According to Sabatelli,

the relatively high and idealistic relationship expectations held by individuals before marriage may contribute to the drop in marital satisfaction typically noted after the "honeymoon" period is past ... when relationship outcomes begin to fail to measure up to expectations. In order for this to be avoided, consequently, couples would need to be willing to alter and lower their expectations (Sabatelli, 1988, p.220).

Rubin (1985, as cited in Laner, 1994) refers to the problematic attitude of irrational expectations in regards to marriage as “the happily ever after fantasy” (p. 16).

Unrealistically high expectation for intimacy, especially with newlyweds, tends to lead to disappointment when expectations are not realized (Ruvolo & Veroff, 1997). Kelley and Burgoon (1991) collected 206 married couples and investigated the importance of relational expectations in influencing marital satisfaction. They hypothesized that positive violations (when expectations are succeeded) will result in the most satisfying marriages, followed by expectations met, and negative violations (expectation being disappointed) will result in marital dissatisfaction. The results showed significance on five of the seven relational dimensions (intimacy, dominance, equality, distance, and non-composure). They therefore concluded that

meeting or exceeding marital expectation is likely correlated with marital satisfaction while failing to meet marital expectations will correlate with marital distress.

McNulty and Karney (2004) investigated the effect of positive expectation on marital satisfaction in the first four years of marriage. They hypothesized that positive expectation would only correlate with marital satisfaction if the interpersonal skills of the partner are consistent with the level of expectation. If, however, the expectation is high but the interpersonal skills are insufficient, the expectation will contribute to feelings of frustration rather than satisfaction. In fact, when interpersonal positive skills are poor, a lower expectation will enhance the marital experience. The results suggest that when spouses' interpersonal behavior was positive at the onset of the marriage more positive expectation predicted a satisfying marriage while less positive expectations were correlated with a steeper decline in marital satisfaction. Conversely, when interpersonal positive behavior was significantly compromised at the onset of the marriage more positive expectation predicted a less satisfying marriage, whereas less positive expectations predicted higher marital satisfaction.

Research consistently found support that strong intimate feelings related to more satisfying marriages (e.g. Dandeneau & Johnson, 1994; Greeff & Malherbe, 2001). The capacity to develop strong intimate feelings depends largely on one's attachment history (Cohn, Silver, Cowan, Cowan, & Pearson, 1992). According to Novak (2007) securely attached individuals report higher levels of intimacy as compared to insecurely attached individuals.

The literature addressing marital expectation, suggests that higher expectation potentially contributes to greater stress within a marriage. Thus I hypothesized that when expectations are high the necessity for a healthy attachment style is of high importance as well.

Conversely, in marriages where expectation is low, the importance of a healthy attachment style is less important.

Arranged Marriages

Arranged marriages were a common practice for many societies and cultures until the mid-eighteenth century. In fact, many marriages were arranged in order to serve a communal responsibility, social arrangement, or based on financial benefits (Coontz, 2005). It was common for individuals to marry for various non-romantic reasons, while maintaining romantic relationships outside of the marriage. Between the mid-eighteenth and the mid-twentieth century many westernized societies transformed the bases of marriage from an arranged system to a love-based marriage system. Marriage, in many cultures, has become synonymous with romantic love (Coontz, 2005). With time, the majority of Westernized marriages were by choice and based on factors such as, attraction, lust, mate characteristics – especially issues related to dependability, emotional stability, kindness-understanding, and intelligence (Buss et al., 1990). For the majority of western adults, romantic love is a prerequisite for marriage (Meier, Hull, & Ortyl, 2009). Other important factors may include mutual interests, shared passion, similar goals and compatible philosophies amongst other relevant factors (McCarthy & McCarthy, 2004). In contrast to marriages of choice, arranged marriage remains a construct of social agreement between two parties.

Patterns of Love

Robert Sternberg (1988) described three components of a loving relationship – *passion*, *intimacy*, and *commitment*. Passion is an overwhelmingly intense physical, cognitive, and emotional experience characterized by excitement, ecstasy, and euphoria. Passion causes the entire body to respond, thereby activating the hormonal and neuronal systems (Aron, 2010).

The component of intimacy is characterized by knowing someone well, sharing one's secrets, as well as sexuality. Intimacy is a reciprocal process, where each partner gradually shares with the other more revealing, secretive, and even embarrassing aspects of one's life (Stassen-Berger, 2012). Commitment entails many important aspects including a decision to be together, mutual caregiving, shared possessions, and forgiveness (Fincham, Stanley, & Beach, 2007). A long-term committed relationship requires sacrifice and dedication. For most Western couples, the last phase of commitment is a prolonged process.

Couples that practice arranged marriages usually follow a reversed process. Commitment to the union is of optimal importance with the potential for passion and intimacy to follow. For many, marriage is obligatory while love, passion, and intimacy are of secondary importance (Rockman, 1994).

Defining Arranged Marriage

The term arranged marriage is broad and non-specific. Common to all arranged marriages, however, is that the locus of control lies outside of the prospective couple. Instead, it is the community, parent(s), or another external important figure(s) that plays a vital role in deciding whether a prospective couple should wed or not. In this dissertation, I am studying Hasidic marriages that are arranged by: (1) a matchmaker's suggestion, (2) the parents' approval, and (3) the prospective couple meeting for a maximum of three times and in total not exceeding six hours (although a total of approximately three hours is the expected norm) (Berger, 2014; Winston, 2005).

Satisfaction in Arranged marriages

Studies addressing marital satisfaction in arranged marriages, report conflicting conclusions. While some studies indicate that arranged marriages are as satisfying, and in some instances, more satisfying than free-choice marriages (e.g. Blood, 1967; Yelsma & Athappilly, 1988), others conclude that arranged marriages present a significant disadvantage to marital satisfaction (e.g. Xiahoe & Whyte, 1990).

Yelsma and Athappilly (1988), using the Dyadic Adjustment Scale (DAS), compared marital satisfaction between an Indian population practicing arranged marriages ($n = 56$) and an Indian population who married based on love ($n = 50$). A third group, love marriages in the United States ($n = 62$), was also compared. While the study did not find significant differences between Indian marriages of love and United States marriages of love, results of the study indicate that arranged marriages reported significantly happier marriages than love marriages.

However, it is important to highlight some details of the study. Participants of love marriages had on average 3.5 years more education than the participants in the arranged marriage group, thereby potentially shifting marital expectations. Another important factor is the loss of family support. Love marriages, in India, were discouraged and even actively opposed by family and acquaintances as opposed to arranged marriages that had the endorsement of the family and community. Family and communal support likely contribute to marital satisfaction (Georgas, Berry, Fons, Kagitçibasi, & Poortinga, 2006). Additionally, losing family support is likely to place greater expectations and responsibility on the couple. Increased education and secular exposure logically increases expectation of the marriage thereby potentially explaining the discrepant findings.

Xiahoe and Whyte (1990) conducted a study with 586 married women from China. The intent of the study was to investigate the effects of the transition in China's culture from arranged marriage to free-choice marriages. The study was initiated in response to advocates of arranged marriages who claimed that while arranged marriages may start lust-less, with time, the marriage becomes passionate. On the other hand, they argue, marriages of choice may start passionate but with time the passion diminishes considerably. Xiahoe and Whyte found that although marital satisfaction seems to decline after approximately 25 years, this phenomenon seems to hold equally true in both - arranged marriages and in marriages of choice. However, they found that love marriages consistently scored higher in marital satisfaction as compared to arranged marriages.

The findings in the two studies mentioned are diametrically different. The study conducted by Yelsma and Athappilly (1988) supports the notion that marital satisfaction is greater in arranged marriages. While Xiahoe and Whyte (1990) found that love marriages are more satisfying. Further research, including better recruitment of representative samples and the utilization of current methodologies, will probably elucidate the issue of satisfaction associated with arranged marriage versus satisfaction experienced by individuals that marry based on love. However, the two studies do have some fundamental differences in design. First, as mentioned, the marriages of love in the study conducted by Yelsma and Athappilly (1988) were comprised of participants with a greater secular education (thereby potentially heightening marital expectations). Second, the group of love marriages had to contend with family and community disappointment and loss of support for their marriage. The study conducted by Xiahoe and Whyte (1990) consisted of two samples that were similar in both income and education. Additionally, the marriages of choice couples in the second study, did

not have to contend with disapproving families (since free-choice marriages has become an accepted standard). Another important caveat is the nature of the participants in the Xiaohoe and Whyte study. While the people in love marriages reported that their marriages were free choice, it is possible that their marriages were in actuality more similar to traditional arranged marriages than marriages of choice. The Chinese government has banned arranged marriages for the past seven decades. However, it is questionable whether any significant changes actually occurred. It is possible that couples that responded that they married via free-choice were actually more similar to arranged marriages but described their marriages as free-choice to satisfy the newly enforced Chinese government's regulations (Xiaohoe & Whyte, 1990).

A further potential limitation for arranged marriages may be the process in which attachment is formed. Bowlby (1969/1982) proposed four stages of attachment development in infancy, a) *preattachment* phase (the infants elicit indiscriminate social contact); b) *attachment-in-the making* phase (infants begin to discriminate between caregivers and develop caregiver preferences); c) *clear-cut attachment* phase (attachment behaviors become evident and the infant seeks proximity to a particular caregiver, uses the caregiver as a safe-haven and a secure base for exploration, and expresses distress upon separation); and d) *goal-corrected partnership* (children's need for physical proximity is significantly diminished and are able to negotiate with caregivers an attachment that allows for separation).

Accordingly, Zeifman and Hazan (1997) proposed that adult attachment follows a similar pattern of attachment development. Adult males and females of reproductive age typically engage in flirtatious and sexually charged interactions. At this early stage there is no specific target and the process is exploratory in nature. This form of interaction typifies the initial stage of a couples' interactions. Hence, this stage can be categorized as similar to the

infant pre-attachment phase. As couples enter the early stage of infatuation, their interactions begin to resemble those typical of infants and caregivers. Young couples frequently engage in prolonged mutual gazing, cuddling, nuzzling, and baby-talk. This form of interaction may resemble the second phase, attachment-in-the-making. Similar to the third infant phase of clear-cut attachment, couples in this phase develop new attachment behaviors and begin to experience their partner as a safe-haven and a buffer in stressful situations. Finally, the fourth phase in adult attachment parallels the infant stage of goal-corrected partnership, where couples are able to tolerate a diminished interest in intimate physical interaction and instead are able to maintain a cognitive representation of their partner (Zeifman & Hazan, 1997).

The process of Hasidic/arranged marriages does not allow for the phasic attachment development described by Zeifman and Hazan (1997). Because the final phase of goal-corrected partnership, according to Zeifman and Hazan, depends upon the preceding phases, it is questionable whether a goal-corrected partnership is more difficult to attain in arranged marriages where the three prior phases are absent.

Factors that Influence the Longevity of a Marriage

A frequent argument voiced by proponents of arranged marriage is the reportedly low rate of divorce amongst arranged marriages (e.g. Coontz, 2005). A low divorce rate may seem to indicate greater marital satisfaction. However, this is not necessarily a valid indicator of a satisfying marriage. Cultural understanding of marital obligations greatly predicts whether a marriage will dissolve when satisfaction declines (Xiahoe & Whyte, 1990). Additionally, religious and societal prohibitions play an important role in determining whether a couple remains together despite the quality of the relationship (Hazan & Shaver, 1994).

Epstein, Pandit and Thakar (2013) studied factors involved in developing feelings of love in arranged marriages. The most prominent factor seemed to be related to commitment. Arranged marriages stress commitment as a fundamental building block for a successful marriage. It is possible that a partial explanation for the low divorce rate in arranged marriages is the strong level of commitment.

Generally, cultures that endorse arranged marriages tend to strengthen and encourage long-term commitment (Georgas et al., 2006). Social forces have a powerful influence on the quality of a couple's relationship (Stassen-Berger, 2012). Cultural support may be a partial explanation for the low divorce rate amongst arranged marriages. However, as populations practicing arranged marriage increasingly become exposed to cultures that marry based on love, the rate of arranged marriages is likely to fall considerably (Allendorf & Gimire, 2013).

Societal expectation, emphasis on children, low expectations of a relationship, and the stigma associated with divorce, collectively contribute to a low rate of divorce in arranged marriages (Epstein, Pandit & Thakar 2013). It is therefore possible that the low divorce rate in

arranged marriages is not necessarily indicative of marital satisfaction but rather a function of societal pressure and expectation.

A recent study, conducted by Allendorf and Gimire (2013), looked at six factors as important predictors for marital quality in arranged marriages. Of the six, four determinants were found to be significant 1) gender, 2) education, 3) spouse choice (the amount of choice utilized by the respondent versus the amount of influence exercised by family members), and 4) marital duration. This study was conducted with Hindu participants from Nepal. The study surveyed 527 participants age 17 and above. The participants were stratified based on their social status and based on the neighborhood they resided in. Hindus generally see marriage as obligatory and have a high expectation that the wife will be devoted to her husband and care for his children. As a result of placing an unequal burden on the women, the study (as have several others) found that women in arranged marriages scored about a third of a standard deviation lower in satisfaction as compared to men.

Higher education was strongly correlated with greater marital satisfaction, and was also associated with a lower score on disagreements. For example, each additional year of education increased marital satisfaction. One of the associated benefits of a higher education is better communication skills (Allendorf & Gimire, 2013). (In that vein, it is important to remember that even though Hasidim do not have a traditional secular education, they typically have intensive Hebraic schooling). They found that participants who chose their own spouse scored over a third of a standard deviation higher on marital satisfaction scales as compared to participants whose marriages were chosen by their families. Finally, they also found that marital duration was significantly associated with marital satisfaction. Being married longer was associated with greater satisfaction and fewer disagreements. Results indicated that each

additional year of marriage was correlated with greater marital satisfaction and conversely each additional year of marriage was associated with less problems and arguments within the marriage.

These findings are consistent with the previous study discussed earlier conducted by Xiahoe and Whyte (1990). However, several other studies (e.g. Blood 1967; Yelsma & Athappilly, 1998) did not find support that marriages of choice were more satisfying. One possible explanation for this study's findings is the chronological date of the study. The current study was conducted recently – at a time when marriages of choice are becoming more common and an accepted societal norm. Greater acceptance and wider practice of choice marriages may also contribute to greater marital satisfaction.

Glenn, Uecker and Love (2010) found age of marriage to be associated with marital satisfaction (although the study mentioned earlier conducted by Allendorf & Gimire, 2013 did not find age at the time of marriage to be a significant determinant in marital quality). Generally, couples marrying at a younger age were less happy and more likely to divorce than couples marrying at a more mature age. Having children potentially decreases marital satisfaction in many marriages (Kohn et al., 2012). However, it is possible that a tightknit family and cohesive communities provides a buffer for the added stress of caring for children.

While a comparison of marital satisfaction between Hasidic/arranged marriages and romantic marriages is not the primary focus of this dissertation, the above mentioned literature does raise the question of how Hasidic/arranged marriages compare to marriages of choice. Further research would seem appropriate to directly assess the differences in marital satisfaction between arranged marriages and marriages of choice.

Definition of Hasidic

In this research project, I define the term Hasidic as a subgroup of those who abide to a strict interpretation of Orthodox Jewish practice. Common to all Orthodox Jews is a commitment to both the written law (laws and commandments specified in the *Torah*) and oral law (laws and commandments that have been transmitted orally at Mount Sinai but were not included in the *Torah*). Orthodox Jews typically lead their lives according to the Halachic interpretation as presented in the *Shulchan Aruch* (the code of Jewish law). What is unique to Hasidim, as it is practiced today, is the insular and restrictive nature of their day-to-day lifestyle. In addition to the restrictions on conduct mandated for other Orthodox Jews, Hasidim have a unique style of dressing, stricter dietary regulations (e.g. requiring more stringent supervision and adhering to a stricter interpretation of Jewish law regarding what is considered kosher food), a firm and consistent separation between the sexes, a strong opposition and restriction to any form of secular influences (such as, secular books, movies, television, and a limited use of the internet) (Berger, 2014; Fader, 2009; Winston, 2005).

For Hasidim, a major focal point of their lives is the commitment to their particular *Chassidus* (as the Hasidic movement spread, it branched off into many different groups – referred to as different *Chassidus*), and a strong devotion and reverence for their Rebbe – the leader of that particular sect. Typically, Hasidim are very devoted to their Rebbe and will follow and seek his guidance and advice. In addition to the rituals and laws mandated according to the *Shulchan Aruch*, each Hasidic sect imposes its own customs, rules, obligations, and restrictions (Mintz, 1992).

Sexuality and Marriage in Hasidic Cultures

The typical Hasidic adolescent does not interact with the opposite gender (other than close family members), has not received a formal education regarding sexuality, has a limited understanding regarding sexuality (Bergner, 2015), and has not been exposed to movies or television programs (Berger, 2014). As a result of living a sheltered life, most young Hasidim have a limited understanding of concepts pertaining to romance, love, or lustful feelings (Mintz, 1992).

At about the age of eighteen, Hasidic adolescents are expected to marry. The matchmaking process is the responsibility of the parents. The parents orchestrate the entire marital process (Rockman, 1993). The most common approach to matchmaking is finding a mate from the same Hasidic sect, although it is acceptable to marry into other Hasidic sects (Mintz, 1992). The idea of marriage, to most Hasidic boys and girls, involves a fulfillment of a biblical commandment of marrying and producing children. The concept of love and romance is alien (or distant at best) to most Hasidim at the time of marriage (Berger, 2014).

The parents search for a mate whom they consider appropriate for their child – considering a respectful family background, financial status, academic functioning, personality, interests, goals, and perhaps looks (Berger, 2014). Understandably, it is unlikely to ascertain the true nature of an individual simply by asking acquaintances and family members (who commonly withhold negative information and try to present a most positive picture). The prospective couple is not included in the process until the parents feel relatively assured that they have found an appropriate match. The parents meet with the prospective bride/groom and upon their approval a meeting between the potential couple is arranged. The nature of the meetings (between the boy and girl) (referred to as *beshows*) is usually formal and pre-dictated.

Seldom are issues of importance discussed. More importantly, the atmosphere and attitude is not designed to develop lustful and affectionate feelings. Although, technically, the prospective couple has the choice to approve or veto any suggested match, more frequently, children will adhere and accept their parents' suggestion. The engagement period usually ranges from five months to a year. During this time, the couple will not meet, talk to one another, or have any other form of interaction (Rockman, 1994). The couple will meet again on their wedding day (Mintz, 1992). The couple is required to sanctify their marriage by having intercourse and fulfilling the commandment of bearing children. The initial sexual experience is often described as awkward, shameful, and uncomfortable (Winston, 2005). It is quite common for the couple to bear a child within a year of their marriage. Most Hasidim believe that it is their religious obligation to bear many children (Mintz, 1992).

CHAPTER 3: STATEMENT OF THE PROBLEM

Purpose of the Study

Historically, marriage was not always love based. Instead, it was common practice for young people to marry individuals they did not know well (Apostolou, 2007). Currently, approximately one-third of the world's marriages are still arranged based (Stassen-Berger, 2012). Researchers and theorists have proposed a wide range of factors as predictors for marital satisfaction. Of the many possible moderators, attachment was conceptualized to be an important contributor to marital satisfaction (e.g. Hazan & Shaver, 1987, 1994). Considerable research addresses marital satisfaction in secular marriages of choice. However, research regarding arranged marriages still remains largely understudied. To address this question, the present study used attachment theory as the general framework for investigating adult attachment and marital satisfaction in arranged marriages.

There are many factors that can be investigated as potential mediators of marital satisfaction. Expectation of intimacy has been consistently found to be a major component of most marriages (Schaefer & Olson, 1981). However, as indicated by the literature, expectation for intimacy is potentially different in Hasidic/arranged marriages than expectations in orthodox romantic marriages. While Hasidic marriages have high spousal expectations, it was thought that they do not have high expectation for intimacy (Berger, 2014). The research thus far does not address whether expectations for intimacy will affect the influence of attachment style on marital satisfaction in arranged marriages.

Hasidim have been experiencing a considerable rise in their divorce rate (Schonbuch, 2013). Divorce is well documented to be a source of much distress for the divorcing couple and especially for the children involved (Lansford, 2009). This dissertation examined the

possibility that as marital expectation of intimacy rises; it becomes increasingly important for married individuals to have healthy attachment styles. Since it is plausible that expectations are rising amongst Hasidic marriages (possibly due to increased access to the internet), understanding the association between expectation for marital intimacy, adult attachment style, and marital satisfaction can serve as an important perspective to better understand Hasidic/arranged marriages.

In this study, expectation of intimacy was proposed as a significant in the importance of a healthy attachment for a satisfying marital experience. As discussed, the exposure to other cultures presents a possibility for a shift in marital expectations (Allendorf & Gimire, 2013). Therefore, as Hasidim are increasingly exposed to the secular world (either through the internet, movies and television, or by working with secular colleagues) their expectations for intimacy are likely to rise.

The insularity and uniqueness of the Hasidic community makes it difficult to generalize the findings of this study to other non-Hasidic cultures practicing arranged marriages. Regardless, of the ability to generalize, Hasidim have historically been an understudied group and absent of the mainstream psychological literature. It therefore seems appropriate to investigate potential important underlying structures that contribute to marital satisfaction and marital stability in Hasidic arranged marriages.

Operational Definition of Terms

Adult Attachment. Adult attachment refers to two variables, *relationship anxiety* and *relationship avoidance* (also referred to as attachment anxiety and attachment avoidance). Relationship anxiety is defined as the degree to which an individual worry about their partner's availability, responsiveness, and attentiveness. Hence, individuals who score high on relationship anxiety are likely to experience fear regarding their partner's availability and responsiveness. Contrastingly, individuals with a low score on relationship anxiety are likely to feel secure in regards to their connectivity with their partner. Relationship avoidance relates to the degree to which individuals rely on their partners. Individuals with a high score on relationship avoidance prefer not to rely on their partners, whereas individuals scoring low on this dimension are likely to feel comfortable relying and being open to their partners (Brennan, Clark, & Shaver, 1998; Fraley & Waller, 1998).

Expectation. Expectation of marriage can refer to several aspects of marital functioning. Expectation in this study refers to the expectation of intimacy. Here intimacy refers to emotional, social, sexual, recreational, and intellectual intimacy.

Arranged Marriage. Marriages where parents or another figure, besides the prospective couple, play the dominant role are referred to as arranged marriages. In this study however, the term will be narrowly applied to Hasidim who meet their potential mate for a maximum of six hours prior to marriage.

Romantic Marriage. Romantic marriages are unions that are decided primarily by the couple with little or no interference from other authority figures. Additionally, the decision to marry the individual is based on romantic interests and not to fulfill familiar or societal expectations.

Hasidic. Hasidic is defined as individuals that adhere to the strict Jewish Orthodox lifestyle unique to Hasidim. While the term Hasidic is attributed to a broad population of Orthodox Jews, in this study the term is strictly associated with individuals that adhere to the Hasidic lifestyle described earlier. Additionally, when referencing Hasidim the intention is to describe individuals who belong to the mainstream Hasidic sects (e.g. Bobov, Satmar, Belz, Ger, Skver, Viznitz).

Research Questions

What is the relationship between (a) adult attachment style, (b) marital satisfaction, (c) expectation for intimacy, and (d) arranged marriages?

This study examines a possible correlation between attachment style and marital satisfaction in Hasidic/arranged marriages. While prior research, as discussed above, consistently demonstrates the association between attachment style and marital satisfaction, no study to my knowledge, has examined the relationship in the context of a Hasidic population. Hasidic marriages potentially contain considerable divergent expectations from typical secular/romantic marriages. Marital expectation was examined as a possible influence in the relationship between attachment style and marital satisfaction in Hasidic/arranged marriages.

I use the term attachment to represent the two constructs, relationship anxiety and relationship avoidance (Fraley, Waller, & Brennan, 2000). These two constructs (relationship anxiety and relationship avoidance) are frequently referred to in the literature reviewed (and in the literature in general) as the more inclusive term – attachment style; with the implicit intention to refer to the two constructs mentioned. The methods and statistical analysis utilized are intended to operationalize these two constructs.

In this study, I looked at the expectation of intimacy aspect of marital expectation. Expectation of intimacy is a broad and inclusive term. As discussed, I define marital expectation as the expectation for emotional, social, intellectual, sexual, and recreational intimacy. Four hypotheses are advanced based on prior research and an examination of the literature:

Hypotheses

Hypothesis 1a: Marital satisfaction will be inversely associated with relationship anxiety (one construct of adult attachment style).

Hypothesis 1b: Marital satisfaction will be inversely associated with relationship avoidance (second construct of adult attachment style).

Hypothesis 2: The association between attachment style and marital satisfaction is influenced by marriage style, such that romantic marriage style (vs. arranged marriage style) will result in a greater effect of attachment style (relationship anxiety and relationship avoidance) upon marital satisfaction.

Hypothesis 3a: The association between relationship anxiety and marital satisfaction will be moderated by expectation for marital intimacy. Specifically, I hypothesize that the association will be strongest among individuals who have high expectation for intimacy.

Hypothesis 3b: The association between relationship avoidance and marital satisfaction will be moderated by expectation for marital intimacy. Specifically, I hypothesize that the association will be strongest among individuals who have high expectation for intimacy.

Hypothesis 4: An individual's expectation of marital intimacy is affected by their marriage style, such that a romantic type of marriage style positively affects the individual's expectation of intimacy.

The hypothesized relationships are diagrammed in Figure 1.

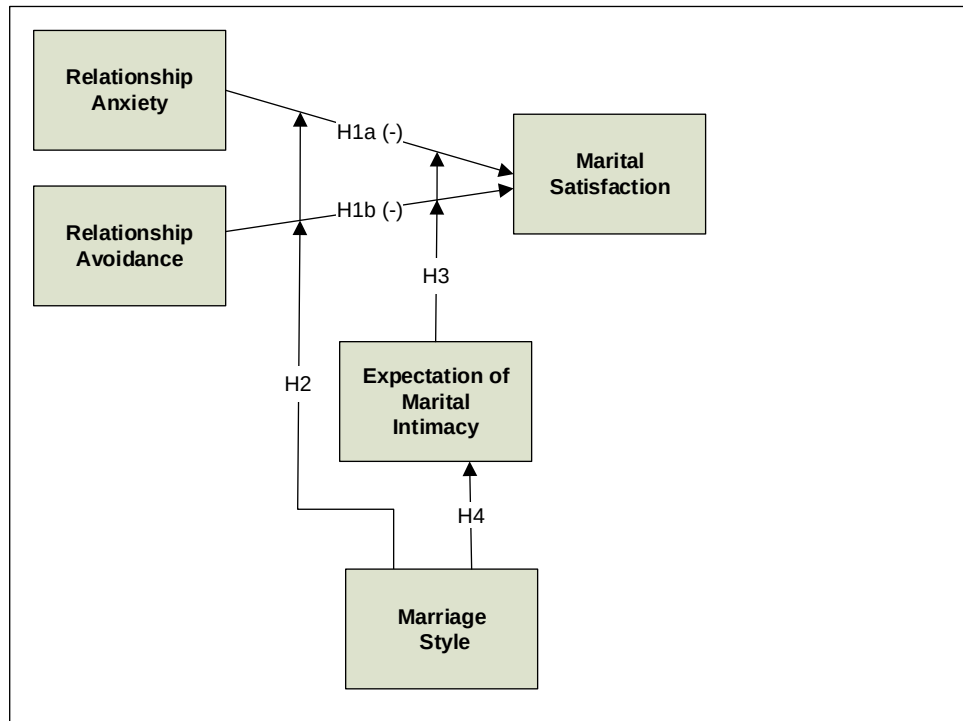


Figure 1. The Conceptual Model of the Various Determinants of Marital Satisfaction

CHAPTER 4: METHODS

This study used a cross-sectional correlational research design to assess the relationship between marriage style, relationship anxiety and avoidance (adult attachment style), marital satisfaction, and marital expectations. Original data were obtained to operationalize all the constructs of this study. The purpose of the design was to ascertain any association between relationship anxiety and avoidance (attachment style) on marital satisfaction while simultaneously looking at marital expectations of intimacy and marriage style as contributors to that (the relationship between attachment and marital satisfaction) relationship. Accepted means (to be described in detail later) of using multiple regression to test for the various possible relationships between the variables were employed.

Power Analysis

A power analysis was conducted to determine the appropriate number of participants necessary for this study. The power analysis was conducted for a three-set regression in which the sets were the controls, the independent variables, and the interaction terms. Because the study is regression-based, set incremental R^2 (the coefficient of determination) was the statistic used to assess effect size. The effect sizes were allowed to vary based on a fixed 80% probability (to the precision possible with sample power) while maintaining a sample size of 200. This analysis found that effect sizes as small as .04 R^2 for the control set, and .05 R^2 for the independent variable and interaction sets could be found at this probability. Hence, somewhat small effects could be found with an approximate 80% probability.

Table 1

Power Analysis

		Increment to R-Squared			Cumulative R-Squared		
		Number Variables in Set	Increment to R-Squared	Power for Increment	Cumulative Number Variables	Cumulative R-Square	Power for Cumulative R-Squared
1	First set	2	0.04	0.76	2	0.04	0.76
2	Second set	4	0.05	0.76	6	0.09	0.94
3	Interaction	4	0.05	0.76	10	0.14	0.99
Alpha = 0.05		Designed sets (2 to 2), number variables = 4, Increment =0.05 N Cases = 220, Power = 0.76					

Participants

This study consists of 111 male and 91 female married participants (a total of 202 valid participants), approximately equally divided between Hasidic and non-Hasidic subjects in order to detect at least a moderate effect size.

Married individuals from a United States – based Hasidic population were recruited for the arranged marriages group. The participants were recruited from the Hasidic communities residing in Brooklyn, Monroe, and Rockland County. It is important to emphasize that while different states and countries most likely introduce divergent variables in any population, for Hasidim the differences are probably small. This is so because of the insular nature of Hasidim that remain remarkably consistent across countries and even continents. Therefore, Hasidic participants from other states or even continents are not likely to introduce much variability (for example, Bobover Hasidim residing in Brooklyn will define themselves as Bobovers' and not Americans. Similarly, Bobover Hasidim in Israel will follow a very similar lifestyle as Bobovers in Brooklyn and will also define themselves as Bobovers' rather than Israeli) (Mintz,

1992). However, it should be kept in mind that the participants were all collected from the above mentioned neighborhoods.

In order to keep the two populations as similar as possible, the non-Hasidic population was comprised of Orthodox Jews that abide by a strict interpretations of Jewish law but do not practice arranged marriages. Furthermore, the non-Hasidic population may not have had a predetermined dating timeframe. For example, many *Yeshiveshe* communities (Yesiveshe communities share many similarities with Hasidim and while they do not formally practice arranged marriages, their marriage system parallels Hasidim in many ways) will date a prospective match, suggested by a Shadchan, usually for a maximum of ten times at which point it is expected that they make a decision. I therefore recruited participants from Orthodox Jewish communities that marry based on romantic interest (recruitment methods are detailed in the procedure section below). The non-Hasidic population was recruited from Queens in New York, Monsey New York, and Midwood in Brooklyn (many residents in these areas marry based on romantic interest).

Measures

Experience in Close Relationships – Revised (ECR-R)

This instrument's responses operationalize the four styles of adult attachment (secure, anxious preoccupied, fearful avoidant, and dismissing avoidant), which are based on the two attachment constructs, relationship anxiety and relationship avoidance. The Experience in Close Relationships-Revised (ECR-R) is a revised version of the original Experience in Close Relationships (ECR) developed by Brennan, Clark, and Shaver (1998). The revised version used Item Response Theory to create the pool of items. Both the ECR and the ECR-R assess individuals' differences in regards to attachment related-anxiety (secure vs. insecure) and attachment-related avoidance (secure dependence vs. uncomfortable being close). The ECR-R is a 36 – item self-report measure of adult attachment. Each item is rated on a 7-point Likert scale where 1 = *strongly disagree* and 7 = *strongly agree*.

The ECR-R can be reduced to two primary dimensions, attachment anxiety and attachment avoidance (Shaver & Mikulincer, 2002), which based upon the individuals' responses, will indicate the respondents' position amongst the four attachment styles. Studies consistently report an internal consistency of .90 (or higher) for the ECR-R scales (Shaver & Fraley, 2000). Longitudinal studies indicate that the ECR-R provided highly stable indicators of attachment during a 3-week period. The ECR-R was able to explain 30%-to 40% of attachment-related emotions between romantic partners. The ECR-R provides an appropriate and reliable self-report measure addressing adult romantic attachment (Sibley, Fischer, & Liu, 2005).

Revised Dyadic Adjustment Scale (RDAS)

This instrument's responses operationalize the level of marital satisfaction experienced by the respondent. The Revised Dyadic Adjustment Scale (RDAS) is a 14 item self-report measure that assesses couples functioning on seven domains. It is based on the original DAS (Dyadic Adjustment Scale) but is shorter (14 items versus 32 items) and has improved psychometric properties. The seven domains are based on three overarching categories, *consensus* (includes decision making, values, and affection), *satisfaction* (includes stability and conflict), and *cohesion* (includes activities and discussions). The scores range from 0-69 with higher scores on all scales indicating greater marital satisfaction and marital stability, while lower scores suggest marital distress. Busby, Crane, Larson, and Christensen (1995) found the reliability for the RDAS to have a Cornbach's alpha of .90. The RDAS was found to be highly correlated with two similar measures, the Locke-Wallace Marital Adjustment Test (MAT) and the original Dyadic Adjustment Scale (DAS) (.68 and .97 respectively). Additionally, Busby et al. found the RDAS to successfully differentiate between 81% of the distressed and non-distressed couples.

Personal Assessment of Intimacy in Relationships (PAIR)

The Personal Assessment of Intimacy in Relationships (PAIR) was modified to accommodate the purpose of this study. The PAIR is a 72-item instrument developed by Olson and Schaefer (1981) that assesses five types of intimacy: emotional intimacy, social intimacy, sexual intimacy, recreational intimacy, and intellectual intimacy. The measure is divided into two sections: perceived (actual) level of intimacy and expected (ideal) level of intimacy. Both sections contain 36 identical items but with a different intent in the two sections. For the purpose of this study the PAIR was administered only once asking participants to answer the

questions based on their expected notion of intimacy (the questions was not re-administered from the “actual” perspective). A conventionality scale is included to assess the degree of “fake good” responses.

The PAIR was developed to help identify important aspects of intimacy that are particularly relevant to couples. Prager (1995) conducted a review of the existing intimacy measures and concluded that the PAIR is a, “comprehensive, multi-dimensional categorizations of the types of intimate contact couples can have” (p. 63). The PAIR scales consist of six 6-item subscales (emotional, social, sexual, intellectual, recreational, and conventionality) with alpha reliability ranging from .70 to .80 with a mean of .74. Subsequent studies found internal validity for the PAIR to be on average .70. The one exception was the recreational factor that scored significantly lower (.55) (Moore, McCabe, & Stockdale, 1998). Additionally, the PAIR was found to be significantly correlated with the Waring Intimacy Questionnaire ($r = .77$, $p > .01$) and with the Locke-Wallace Marital Adjustment Scale – both widely used intimacy measures. It is important to note that the literature regarding the PAIR assumes that the PAIR was utilized as intended (using both parts, actual and expected). However, since this study will only utilize the expected portion, some of the research pertaining to the PAIR may be irrelevant when the PAIR is used in this modified fashion.

Marriage Type

There is no formal instrument that differentiates between romantic and Hasidic/arranged marriages. Instead, a self-constructed questionnaire was included which asked several questions to clarify the type of marriage. For example, “have you met more than three times prior to your engagement?” “Did you refer to the meetings with your spouse as *beshow*?”

“Was there an expected approximate amount of dates before a decision was reached?” (see appendix C for details).

Demographics & Controls

Prior to answering the study’s surveys, potential participants answered a series of questions that addressed basic demographic questions (e.g. region, gender, age, languages spoken, religious affiliation). Additionally, length of marriage and financial circumstances, was included as possible control variables. Considerable literature supports that the length of marriage influences marital satisfaction; such that longer married couples experience greater marital satisfaction as compared to couples married for a shorter duration (e.g. Zainah, Nasir, Hashim, & Yusof, 2012). Similarly, financial circumstances have been shown to have a significant impact on marital satisfaction. Generally, couples with higher incomes report being more satisfied in their marriages than couples with a low income (e.g. Pimental, 2000; Trudel, 2002; Zainah, et. al. 2012).

Participants were asked to select years of marriage and select an income range. Income level contained five options, \$10,000 – \$30,000, \$30,000 – \$60,000, \$60,000 – \$100,000, \$100,000 – \$150, 000, and greater than \$150,000. Each range was coded as an ordinal variable (where 1 – indicates the selection of 10 – 30 and so forth).

Procedures

Potential participants were asked to access a website especially constructed for the purpose of this study (a majority of Hasidim have access to the internet (Schonbuch, 2013). The website provided pages providing information about the researchers, details about the study, and contact information. The website explicated that the study is anonymous and will not require the participants to provide identifying information. Participants, however, needed to

provide information to enter the raffle for a chance to win a five-hundred-dollar gift card (it was clearly stated that providing identifying information for the raffle is in no way associated with the responses to the survey questions). Participants had the option to select “continue” if they remain interested or leave the page. The first page contained a “start” button which lead to the informed consent form (consistent with IRB requirements and regulations). Although the consent form did not require the participants to provide identifying information, it did require an agreement to participate in the study. The first few question served as a screener to provide basic demographic information and to determine eligibility (using age parameters, religious affiliation, marital status, and residence). Depending on the responses, participants were either able to proceed further or, if disqualified, saw a message thanking them for their participation. Participants then proceeded to complete three measures, the ECR-R, RDAS, and the PAIR. Participants who completed valid surveys were offered entrance into a raffle to win a five-hundred-dollar gift card (See Appendix 5 for a copy of the website).

As indicated by a power analysis procedure, 200 participants were sufficient for the purposes of this study. However, a greater number of participants were recruited to allow for attrition. The participants were recruited using the following four methods: 1) using twitter (this included posting a link to the study’s website on my own account and two well-known members of the Hasidic community that have a large Hasidic following with approximately 17,000 followers collectively), 2) sending out a mass email to family and friends that are members of the Hasidic community and asking the recipients to forward the message to their contacts, and 3) handing out flyers containing the website information to Hasidic individuals (both male and female). The non-Hasidic community was also recruited via social media (using the methods described previously) in addition to asking faculty and students at Touro College

(Many Touro students and faculty reside in Orthodox communities that do not practice arranged marriages) to distribute the email and recruiting flyers to acquaintances, friends, and family (I also asked faculty and students to introduce me to their communities' social gathering centers). The website used *SurveyMonkey* (an online survey company), for designing and collecting the survey responses. The website is able to automatically sort responses and provide vital information pertinent for the study.

Data Analysis

The findings of this study were analyzed using a series of linear multiple regressions followed by statistical analysis of the moderated and mediated regressions. Figure 1 depicts the conceptual model for this study. The study contains two independent variables that directly affect marital satisfaction, relationship anxiety and relationship avoidance. Both variables are conceptualized to directly impact the dependent variable of marital satisfaction. The two independent variables (relationship anxiety and relationship avoidance) are moderated by marriage style, which is a dichotomous variable and expectation for marital intimacy, which is a metric variable (ratio variable). The two moderating variables are conceptualized to have an additive effect on the association upon each of the predictor variables. In addition to marriage style moderating the effect of the independent variables upon the dependent variable, marriage style was also predicted to have a significant influence upon the expectation for marital intimacy (the second moderator). In summary, the expectation for marital intimacy can be seen as a mediating variable influencing the effect of marriage style upon the primary paths (between the two independent variables, relationship anxiety and relationship avoidance and the dependent variable, marital satisfaction). However, the mediating variable of marriage style, contains a simple influence effect upon expectation for marital intimacy; but it is not predicted

to have an effect upon the interaction terms (explained below) of the moderation implementation. Therefore, the indirect effect does not fit a fully mediated model (Hayes, 2013).

The computation model, as diagrammed in Figure 2, delineates the statistical approach utilized to test the aforementioned conceptual model, which served to test the hypotheses proposed in this study. Importantly, each moderating effect is implemented through the creation of interaction terms between the relevant predictor variables and the relevant moderator variables, and regressing them against the target variable together with the predictor and moderator variables directly (Baron & Kenny, 1986). Since there are two predictor variables (relationship anxiety and relationship avoidance) that are dually moderated by the study's two moderator variables (marriage style and expectation for marital intimacy), there is a total of four possible interaction terms (see figure 2). The potentially mediating effect of the expectation variable is tested through the inclusion of the implied causative paths of the moderation (Baron & Kenny, 1986). The path and terms for the computational model are diagrammed in Figure 2.

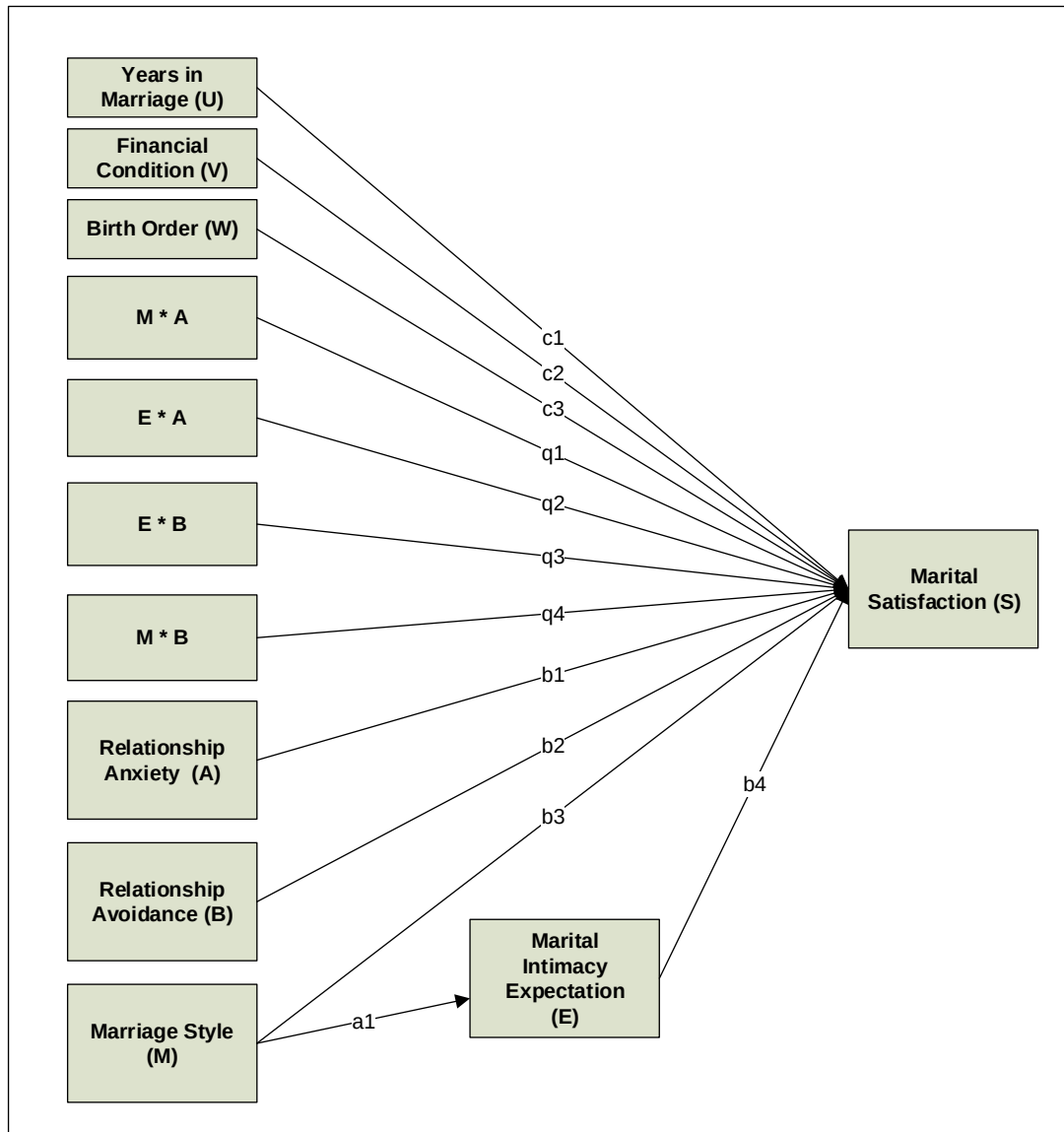


Figure 2. Computational (Statistical) Model of the Various Determinants of Marital Satisfaction

In addition to unordered paths shown in Figure 2, the effects were tested with a hierarchical (ordered) regression technique, testing partial effects before testing the entire effects upon marital satisfaction. This hierarchical regression approach follows the recommendations of Baron and Kenny (1986) with a few more recent modification as noted later. In equation form, this testing of the study's hypotheses was achieved through the estimation of the following equations, performed in order.

$$E = a_0 + a_1M + \varepsilon_E \quad (1)$$

$$S = b_{0_a} + c_1V + c_2W + \varepsilon_{S_a} \quad (2)$$

$$S = b_{0_b} + c_1V + c_2W + b_4E + \varepsilon_{S_b} \quad (3)$$

$$S = b_{0_c} + c_1V + c_2W + b_3M + b_4E + \varepsilon_{S_c} \quad (4)$$

$$S = b_{0_d} + c_1V + c_2W + b_1A + b_2B + \varepsilon_{S_d} \quad (5)$$

$$S = b_{0_e} + c_1V + c_2W + b_1A + b_2B + b_3M + b_4E + \varepsilon_{S_e} \quad (6)$$

$$S = b_0 + c_1V + c_2W + b_1A + b_2B + b_3M + b_4E + q_1MA + q_2EA + q_3MB + q_4EB + \varepsilon_S \quad (7)$$

where:

E is the metric variable expectation of marital intimacy,

M is the dichotomous variable marriage style (romantic or arranged),

S is the metric variable marriage satisfaction,

V and W are the control variables years in marriage (A), financial condition (B), respectively,

A and B are the main effects relationship anxiety and relationship avoidance,

coefficients with 0 subscripts are Y-axis intercepts, and

ε_i are the residual terms, comprised of both potential sampling error and any unobserved variables' contributions to the dependent variable.

Examining each of the above equations in turn, equation (1) tests the possible correlation of marriage style (romantic or arranged) upon marital intimacy expectation. If this correlation is significant, and is positive when romantic style marriage is operationalized as the highest value in the dichotomous variable marriage style, then hypothesis 4 (that expectation for marital intimacy is affected by marriage style) can be upheld. The effect size was assessed with the coefficient of determination (R^2) of this regression.

Equation (2) tests just the effects of the controls upon the dependent variable. The omnibus significance (significance of R^2) of this regression indicated whether either or both of the controls are significant, and the significance related to each control (significance of each control's t statistic) determined which, if any, of the controls had an influence upon the dependent variable. Omnibus effect size was assessed via R^2 , and the effect size of each control was assessed via each control's partial correlation coefficient. Relative effects of the controls were assessed via the ratio of their beta coefficients.

Equation (3) is needed in order to test some aspects of the possible mediation in this study (see the discussion of the mediation indirect effects below.). Equation (3) adds marital intimacy expectation as the next step in the hierarchical process. Therefore, this step tests whether marital intimacy expectation has any significant additional effect upon the target variable, marital satisfaction. Following well-established procedure for hierarchical regressions (e.g., Hair, Black, Babin, & Anderson (2010)) the omnibus significance was assessed via the significance of the change in R^2 (ΔR^2). The regression's omnibus effect size was assessed in the same manner as was done for equation (2), and the effect size of the marital intimacy expectation over and above the effect of the controls can be assessed by its partial correlation coefficient analogously to what was done in equation (2). The relative effect of marital intimacy expectation vis-à-vis the controls can be accessed via the ratios of the betas involved. Equation (4) adds marriage style (M) to the regression sequence. Hence, this regression tests whether M accounts for additional variance in S above and beyond the control variables and E. Omnibus and individual significances and effect sizes were determined in the same manner as for the previous regressions.

Equation (5) proceeds to examine just the focal predictors' effects upon the target

variable, over and above the effects of the controls. Assessment of omnibus and individual predictor effects and significances (including changes in effect size and significance) were handled as they were for the above regressions. If the change in R^2 is significant either relationship anxiety or relationship avoidance or both significantly affect marital satisfaction. If the t statistic for relationship anxiety is significant and the sign of the coefficient is negative, hypothesis 1a can be upheld. If t for relationship avoidance is significant and the sign of the coefficient is negative, hypothesis 1b can be upheld.

Equation (6) adds the moderators (marriage style and marital intimacy expectation) as direct effects to what was already assessed via equation (5). Effect sizes and significances were addressed as they were in the previous equations. This is an important test related to moderation since it checks to see if what was hypothesized as moderation effects are in fact direct effects (independent variables in their own right). If either moderator is significant in equation (6) here, but not in equation (7), it is having a direct effect, not a moderating effect upon the target variable (Jaccard & Turrissi, 2003).

Equation (7) tests the full model by adding the interaction effects related to both moderators and both predictor variables (i.e., the four interaction terms). Effect sizes and significances were assessed in the same manner as in the previous regressions. Significance of any of the interaction terms will indicate that the associated variable is in fact a moderator variable with respect to the associated predictor variable. Hence, hypotheses 2a, 2b, 3a, and 3b individually would be upheld if the associated interaction term is significant and the direction of the effect is in the hypothesized direction.

In addition to the above regression equations, some additional computation will be necessary (Jaccard & Turrissi, 2003). The mediation of marriage style upon marital satisfaction

through marital intimacy expectation needs to be broken down and tested for significance on the direct, indirect, and total effects. All three of these paths need to be significant for mediation to apply (Hayes, 2013; Jaccard & Turrisi, 2003). The direct effect is specified by b_3 in Figure 2. The indirect effect is the product of a_1 and b_4 from equations (1) and (3) respectively. Hence, the total effect (T) of marriage style upon marital satisfaction is expressed by

$$T = b_3 + a_1b_4. \quad (8).$$

Significance of the mediation's direct effect was assessed via the significance of b_3 in equation (6), the fully mediated (but not moderated) model. Since the significance of T in the equation (8) above is not part of the above regression results, computing that significance of t directly is somewhat unnecessary. However, following Hayes (2013) the significance of the mediation's total effect upon marriage satisfaction (S) can be assessed alternatively via a regression of the direct effect of marriage style (M) upon marital satisfaction (S) (i.e., b_3 in Figure 2), without considering the effect of marital intimacy expectation (E), and while controlling for the study's covariates' effects (V and W), and the effects of the study's focal predictors, relationship anxiety (A) and relationship avoidance (B):

$$S = b_{0f} + c_1V + c_2W + b_1A + b_2B + b_3M + \varepsilon_{Sf} \quad (9).$$

Finally, as noted earlier, the indirect effect of the mediator marital intimacy expectation (E) can be assessed as the significance of the product a_1b_4 from equations (1) and (3) respectively. Though a bootstrapping approach is often advised as the mean to develop a confidence interval for a_1b_4 , a different approach is advised for this study. The current version of SPSS (v22) is unable to bootstrap the product of two regression coefficients. There are some SPSS macros that claim to correctly produce that confidence interval, but they resort to creating their own version of an OLS regression which leaves any result of such macros subject to the

accuracy of very complex third party code (e.g., Hayes' PROCESS macro is over 2000 lines of SPSS macro code). Hence, this study used the Normal Theory (Sobel Test) approach (Hayes, 2013). Though this approach assumes that a_1b_4 is normally distributed which bootstrapping does not, for this study it was considered preferable to using extensive third-party code. The Normal Theory approach for testing significance was operationalized through a first-order delta estimator of the standard error (Sobel, 1982):

$$se_{a_1b_4} = \sqrt{a_1^2 se_{b_4}^2 + b_4^2 se_{a_1}^2} \quad (10)$$

$$Z = \frac{a_1b_4}{se_{a_1b_4}} \quad (11).$$

The significance (p -value) of the indirect effect can then be obtained from a table of Z-scores for two-tailed probabilities.

CHAPTER 5: RESULTS

This chapter provides (a) data acquisition and scoring (b) data conditioning, (c) sample characteristics, (d) inferential statistics, (e) test of hypotheses, and (f) summary.

Data Acquisition and Scoring

The dataset is an original dataset of 240 (the dataset was reduced to 202 after the invalid responses were removed) responses, collected by the author of this study during the year 2015. Demographically, these respondents were Jewish and resided in the New York Metro area. All data for the study were collected online via Survey Monkey, either with original instruments or properly obtained extant instruments. Data for the marriage style dichotomy was obtained through an original instrument designed by the author. Likewise, data were obtained in that instrument for the study's two controls, family income and length of marriage. Family income was captured as an ordinal variable consisting of five ranges of income from lowest to highest with income range starting points of \$10K, \$30K, \$60K, \$100K and \$150K. Additional demographic data were also collected for gender and age.

Data for the marital satisfaction dependent variable were developed by scoring the Revised Dyadic Adjustment Scale (RDAS) instrument. Data for the marital intimacy expectation variable were obtained by scoring the expectation portion of the Personal Assessment of Intimacy in Relationships (PAIR) instrument. Relationship anxiety and relationship avoidance values were obtained by scoring the Experience in Close Relationship, Revised (ECR-R) instrument. All the above instruments are described in more detail in the measures subsection.

The study's variables based on obtained extant instruments were scored according to each instrument's scoring instructions. The marital intimacy expectation variable was coded as

the sum of the PAIR components: emotional, social, sexual, intellectual and recreational. The original marriage style instrument was scored as follows: The RomanticNotArranged dichotomous variable was constructed such that a ‘yes’ in the romantic string variable was converted to a 1 in the RomanticNotArranged dichotomy, and a ‘yes’ in the arranged string variable was converted to a 0. Lack of a ‘yes’ in either of these strings for a respondent resulted in no value (a blank) in the “RomanticNotArranged” variable (“Blank” cases were later removed from the valid dataset, as described below, creating a proper dichotomy).

Data Conditioning

Preparation of data for the study included two operations. First, respondents who did not have the requisite style of marriage (see below) were removed from the active dataset. Second, interaction terms were generated for the testing of the study’s moderation effects.

Marriage Style Check

Respondents who were deemed to have neither romantic nor arranged marriages were removed from the study. Hence, based on the above coding of the RomanticNotArranged variable, cases with a blank (no) value for this dichotomous variable were eliminated from the study. This reduced the sample size to 202 valid responses.

Interaction Terms Generation

There are two hypothesized moderator variables in the study: marriage style and marital intimacy expectation. These variables moderate both the effect of anxiety and effect of avoidance upon the dependent variable, marital satisfaction. Hence, four interaction terms were created as the product of each moderator and each independent variable: marriage style by anxiety (InteractionMarStyleByAnx), marriage style by avoidance (InteractionMarStyleByAvoid), marital intimacy expectation by anxiety

(InteractionMarIntimacyByAnx) and marital intimacy expectation by avoidance (InteractionMarIntimacyByAvoid).

Data Validity Checks

After the above data filtering and variable generation, the remaining cases were subjected to general checks designed to ferret out invalid responses from malingering or from respondents' misinterpretations. In this category were checks for out-of-range or extreme answers (outliers) and answers that could not be possible, based on the meaning of a variable. Histograms (with normal curves overlaid) and boxplots for each utilized metric and ordinal variables were examined in this validity-checking process.

Figures 3 through 9 below display the distributions of all the study's metric and ordinal variables. In the SPSS variable naming utilized, these variables were age, YearsInRelationship, income, ExpectedIntimacy, RDAS, anxiety and avoidance.

Most of these variables exhibit approximately normal distributions and hence do not violate the regression assumption of approximate normality. Years in relationship is an exception to this overall observation because of a spike at 30 years. This spike is artificial and unavoidable, caused by a limitation of the data. The actual years in marriage for individuals in a relationship longer than 25 years was unknown, other than the fact it was greater than 25 years. This situation was coded for SPSS as 30 years. Avoidance is also slightly skewed, but not so much so that it would create problems for the regression's Ordinary Least Squares (OLS) algorithm.

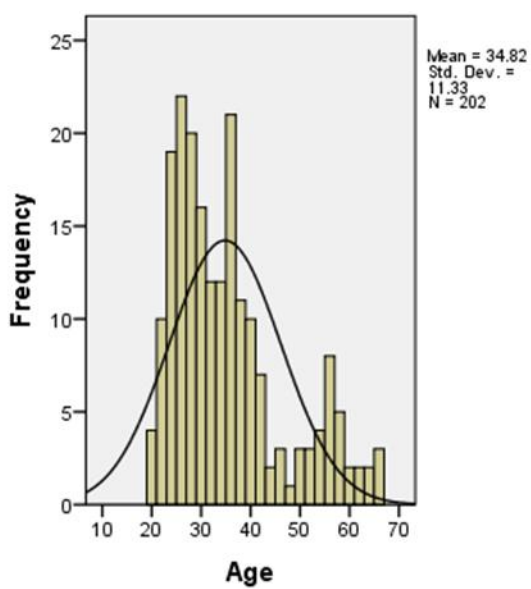


Figure 3. Histogram for age variable.

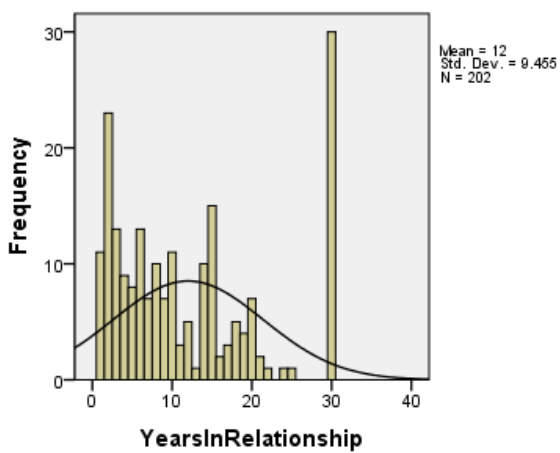


Figure 4. Histogram for years in marriage variable.

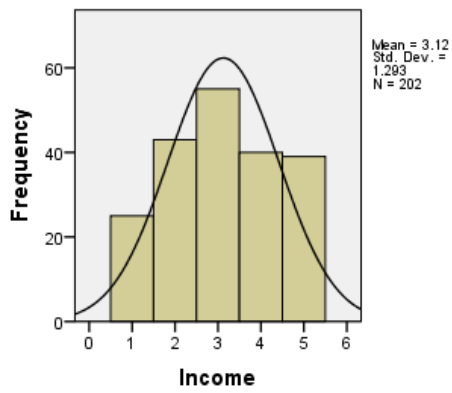


Figure 5. Histogram for income variable.

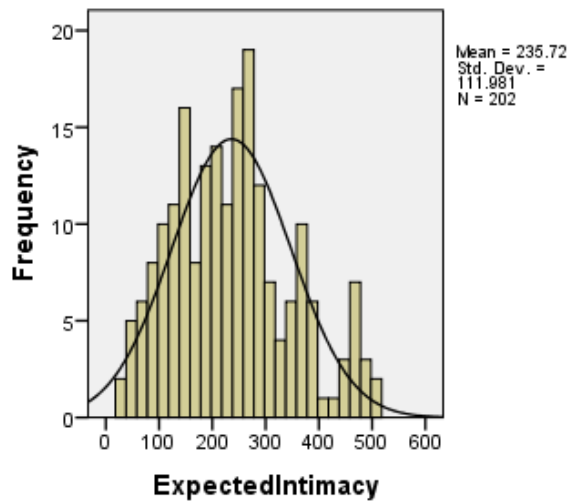


Figure 6. Histogram for marital intimacy expectation variable.

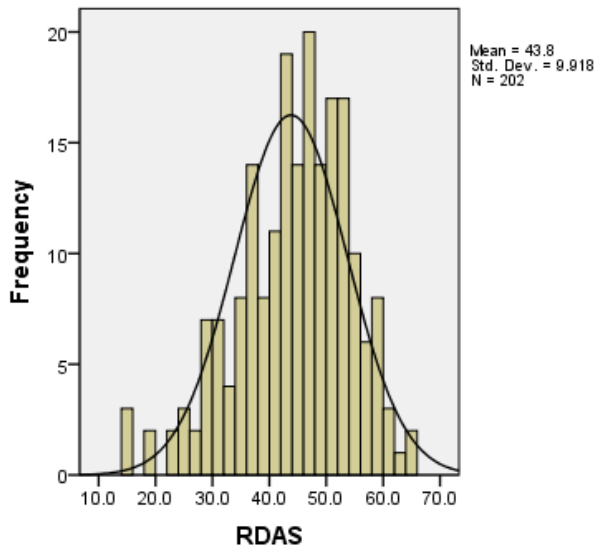


Figure 7. Histogram for marital satisfaction variable.

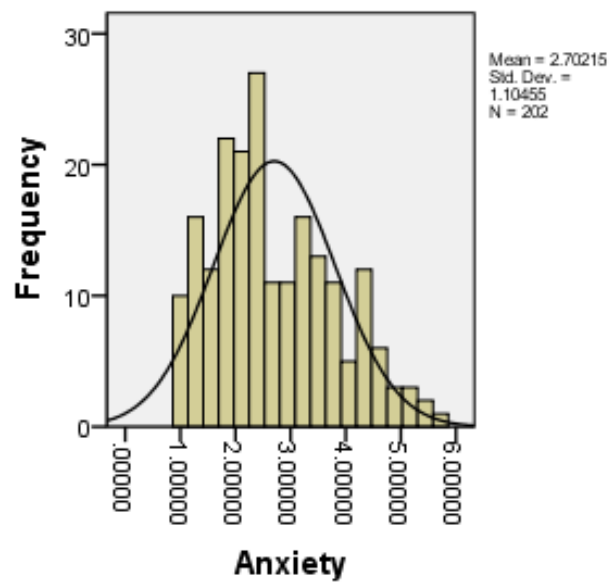


Figure 8. Histogram for relationship anxiety variable.

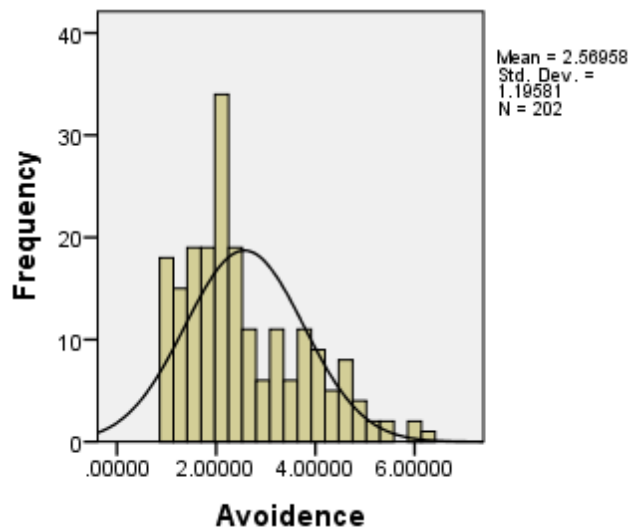


Figure 9. Histogram for relationship avoidance variable.

Boxplots of the metric and ordinal variables were examined for outliers since outliers could bias the results of the study's regressions (outliers have a disproportionate effect on results produced by regression's OLS algorithm.). Some of the target variables do exhibit outliers slightly above or below the boxplot whiskers (see figures 10 and 11). But these outliers are tightly clustered near an edge of the whiskers which, barring some evidence to the contrary, should be expected as normal tails of their respective distributions. Each of the outlying cases was examined, and no clear indication of intentional distortion or misunderstanding of the instrument could be detected. Hence, these cases were left in the study.

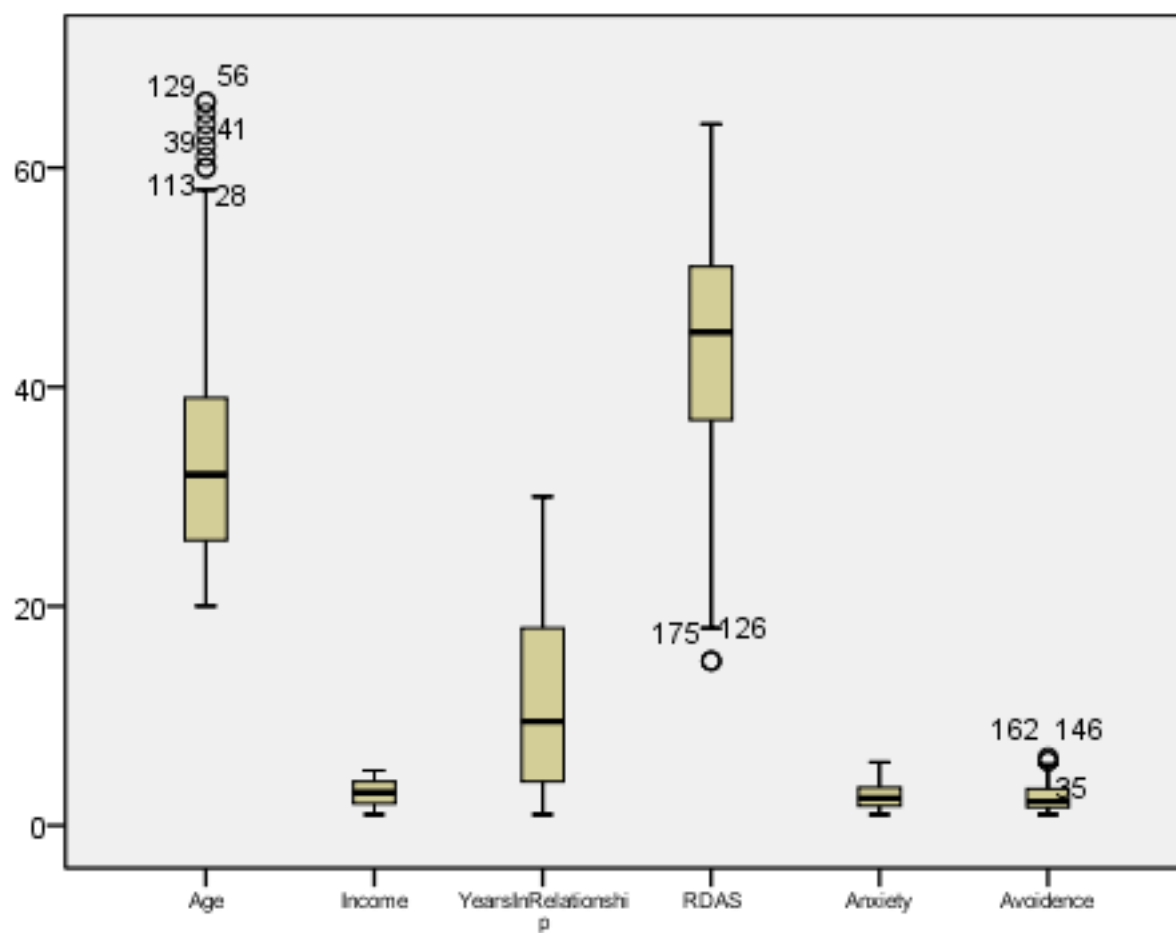


Figure 10. Boxplots of six metric & ordinal variables.

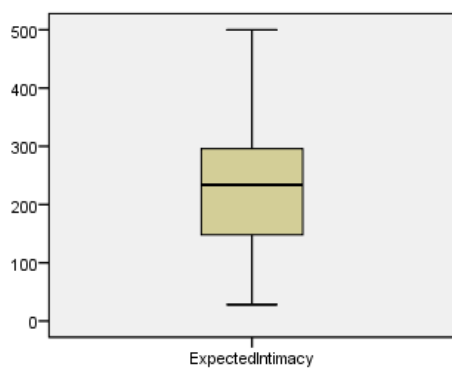


Figure 11. Boxplot of ExpectedIntimacy

Sample Characteristics

To obtain a comprehensive understanding of the obtained valid sample, descriptive statistics were produced consisting of the number of valid cases, means, standard deviations, and the cross-correlations of the studied variables. These statistics are provided herein in tabular form (see Table 2 and Table 3). Frequency data for the study's dichotomous variables are provided in Table 4. Histograms and boxplots for each metric and ordinal variable in the study are provided as additional descriptions of the studied variables (See Figure 3 through Figure 10 presented earlier in connection with Data Conditioning).

Table 2 shows the sample size, mean and standard deviation of each of the metric and ordinal variables. These statistics demonstrate that the respondents had a wide range of income, age, and years in marriage. The number of males only slightly exceeded the number of females in the valid sample (55%). Likewise, arranged marriages only slightly exceeded romantic marriages in the valid sample (54%) (See Table 4).

Most of the Pearson correlations between metric and ordinal variables were small to modest (See Table 3). Only the correlation of age with years in relationship could be considered high. However, since age is only an informational demographic variable (not used in any of the inferential statistics), this correlation did not present any issues for the inferential statistical results.

Table 2

Descriptive Statistics (Metric & Ordinal Variables)

	N	Mean	Std. Deviation
Age	202	34.82	11.330
Years In Relationship	202	12.00	9.455
Income	202	3.12	1.293
Expected Intimacy	202	235.72	111.981
RDAS	202	43.797	9.9182
Anxiety	202	2.7021452	1.10454541
Avoidance	202	2.5695820	1.19580555

Table 3

Pearson Correlations

	Age	Years In Relationship	Income	Expected Intimacy	RDAS	Anxiety	Avoidance	Gender
Age								
Years In Relationship	.866**							
Income	.384**	.361**						
Expected Intimacy	.088	.034	.061					
RDAS	.026	-.019	-.057	.460**				
Anxiety	-.103	-.075	-.134	-.416**	-.664**			
Avoidance	.021	.027	-.035	-.297**	-.655**	.673**		
Gender	.066	.041	-.033	.058	.076	-.178*	-.131	
Marital Relationship	.214**	.021	.312**	.025	.042	-.108	-.095	.122

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed)

Table 4

Frequencies of Dichotomous Variables

	Gender		Relationship		Total
	Male	Female	Romantic	Arranged	
Count	111	91	93	109	202
Percent	55%	45%	46%	54%	100%

Inferential Statistics

In the paragraphs below, the inferential statistical results are described. These results are comprised of (a) a simple regression of marriage style upon expected intimacy, (b) a five-step hierarchical regression, described below as five models that test both the direct effects hypothesized as well as the hypothesized moderation effects with an additional elimination step, and (c) another hierarchical regression as part of the testing of the inferred mediation effects. This computational model – and its rationale – is described in detail in the data analysis subsection.

Model 1's statistical results shown in table form below is a simple regression to test the effect of RomanticNotArranged (i.e., Marriage Style) upon ExpectedIntimacy, part of testing both this direct relationship and portions of the study's hypothesized moderations and mediation. Model 1 is the implementation of equation (1). Model 2, the first step of the first hierarchical regression process regresses both control variables, YearsInRelationship (control A) and income (control B), on the dependent variable, MaritalSatisfaction (RDAS) as specified in equation (2). Model 3 adds both of the independent variables, anxiety and avoidance, to the hierarchical regression as specified in equation (5). Model 4 adds the hypothesized moderators, RomanticNotArranged and ExpectedIntimacy, to the hierarchical regression as specified in

equation (6). Finally, model 5 adds the four interaction terms, InteractionMarStyleByAnx, InteractionMarIntimacyByAnx, InteractionMarStyleByAvoid, and InteractionMarIntimacyByAvoid, as specified in equation (7). The final model's results indicated a need for some further refinement as explained in the details of model 5. This led to a model 5b (in effect, replacing model 5).

The second hierarchical regression also starts with model 2 (regression of the controls). Model 6 then adds ExpectedIntimacy as specified in equation (3). Lastly, model 7 adds RomanticNotArranged as specified in equation (4). The remaining analysis in the data analysis subsection did not need to be performed, as will be explained later.

Model 1: Regression of Marriage Style upon Marital Intimacy Expectation

In order to test hypothesis 4 and to test part of the inferred mediation, RomanticNotArranged was regressed on ExpectedIntimacy using a simple regression. This regression resulted in an R^2 of 0.001 with a $p > .05$. Diagnostic checks showed that the residuals were approximately normally distributed, indicating no problem with the residual distribution. Hence, hypothesis 4 could not be upheld. Details of this regression are reported in Tables 4 and 5.

Table 5

Model 1, Overall Regression Statistics^a

	Sum of Squares	df	Mean Square	F	Sig.	R Squared
Regression	1542.453	1	1542.453	.122	.727 ^b	.001
Residual	2518954.023	200	12594.770			
Total	2520496.475	201				

a Dependent Variable: ExpectedIntimacy

b predictors: (Constant, RomanticNotArranged)

Table 6

Model 1, Coefficients

	B	Std. Error	Beta	t	Sig.
(Constant)	238.275	10.749		22.166	.000
RomanticNotArranged	-5.544	15.842	-.025	-.350	.727

Models 2 through 5: The First Hierarchical Regression

The entire first hierarchical regression was examined for any violations of regression assumptions. For this hierarchical regression, residuals were approximately normally distributed, indicating no problems with normality of the variables (see Figure 12). The scatterplot of the standardized predicted value versus the studentized residuals shows a proper random scatter (i.e., without a pronounced geometric pattern), ruling out such issues as nonlinearity with the dependent variable, or heteroscedasticity (increasing or decreasing variance of the error terms) (see Figure 12) (Hair, Black, Babin, & Anderson, 2010). The omnibus statistics for models 2 through 5 are detailed in Table 7. The details at the coefficient level for models 2 through 5 are presented in Table 8.

Model 2: Regression of the Controls

Model 2 regressed RDAS upon just the controls. The omnibus statistics (i.e., the statistics that apply to the overall regression as opposed to the individual criterion variables) shows a negative adjusted R^2 of $-.01$, caused by the adjustment process of a raw R^2 of zero with $p > .05$. As might be expected with these omnibus results, at the individual control level control A (YearsInRelationship) and control B (Income) both have significance values much greater than threshold alpha ($p > .05$). The variance inflation factor (VIF) for both controls is in an acceptable range, indicating no problem with multicollinearity. These results would indicate

that neither of the study's controls explained any of the variance in marital satisfaction. However, this may not be the case, as explained below in the discussion of model 3.

Model 3: Addition of the Dependent Variables

Model 3 added the study's two independent variables (anxiety and avoidance) to the hierarchy. At the omnibus level this model shows a change in the coefficient of determination (ΔR^2) of 0.53 ($p < .001$), and an absolute adjusted R^2 (the overall effect size for model 3) of 0.53 ($p < .001$), indicating that all four of the variables in this model explained an impressive 53% of the variance in RDAS.

At the individual variable level both anxiety and avoidance are significant ($p < .001$ in both cases). Individuals who had higher anxiety or avoidance scores were more likely than others to report lower marital satisfaction. The individual contribution of anxiety and avoidance to the variance of RDAS, as indicated by their partial correlations, is -.42 and -.37 respectively. With beta (standardized) coefficients of .43 and .37 respectively, these two variables have nearly the same effect upon the dependent variable. VIF values show no problems with multicollinearity. Based on these results in model 3, hypotheses 1a and 1b are upheld.

As Table 8 also shows, control B (income) turned significant in model 3 ($p < .05$) and it remained significant in models 4 and 5 with a negative coefficient (i.e., the lower the income level the greater the marital satisfaction)! Since it is unusual for a variable to turn significant when it was originally insignificant in a hierarchical regression, this occurrence needs some further explanation. There appears to be a suppression effect in this hierarchical regression (what can be thought of as a situation where one has a false indication of no relationship). Here, there is an inverse relationship between income and anxiety, and income and avoidance (see Table 3). In this situation the addition of anxiety and avoidance to the regression may be

uncovering a relationship of income to marital satisfaction by cancelling out unwanted shared variance between income and marital satisfaction, thereby revealing the possible relationship between income and marital satisfaction (Ludlow & Klein, 2014). Thus, anxiety's and avoidance's commonality as factors with income causes the regression to remove that part of income's effects that are related to anxiety and avoidance, and thereby reveals a significant (inverse) relationship between resultant income and the dependent variable, RDAS. The ratio of control B's beta to that of anxiety and avoidance shows that income has about a third the effect on marital satisfaction as anxiety or avoidance do.

Model 4: Addition of the Potential Moderator Variables

Model 4 added the study's two hypothesized moderator variables (RomanticNotArranged and ExpectedIntimacy) as direct influences upon the dependent variable. At the omnibus level there was a significant change in ΔR^2 in this model as there was in the previous model ($p < .05$). Adjusted R^2 for this model was 0.56 indicating that all the model's component variables explained 56% of the variance in the dependent variable.

At the individual coefficient level ExpectedIntimacy was significant ($p < .001$), but RomanticNotArranged was not significant ($p > .05$). ExpectedIntimacy's partial correlation coefficient was 0.29, and the ratios of the beta coefficients shows that ExpectedIntimacy has about two-thirds the influence upon RDAS as anxiety and avoidance each have (see table 8).

Model 5: Addition of the Interaction Terms

Model 5 added the four interaction terms to the regression. In addition to a direct effect upon the dependent variable, a potential moderation's interaction term must also show a significant effect upon the dependent variable. Model 5's omnibus statistics show the change in R^2 did not reach the alpha level for significance ($p < .10$). Hence, overall the multiple potential

moderators do not reach the threshold for true moderators. However, since there are multiple potential moderators (RomanticNotArranged and ExpectedIntimacy), an examination of the individual coefficients was examined in more detail since, when omnibus significance levels are slightly above the alpha level, the individual results can be elucidating.

The coefficient level of the Model 5 phase of the regression shows that a probable cause of the lack of significance at the omnibus level is the inclusion of the avoidance-related interaction terms. These coefficients are highly insignificant ($p > .05$) whereas those with anxiety in them are closer to significant ($p < .10$). Since these interaction terms of necessity will exhibit multicollinearity, this statistical concern can be removed with a hierarchical elimination (Jaccard & Turrisi, 2003). Firstly, all the interaction terms show VIF statistics greater than 10, demonstrating high multicollinearity. Secondly, since the avoidance-related interaction terms show no promise based on their high p -values, they can be eliminated from further consideration. Furthermore, in Model 4 RomanticNotArranged did not have a significant direct effect upon RDAS. Hence, it cannot be a moderator and therefore all interaction terms with RomanticNotArranged can be removed. This leaves one interaction term, InteractionMarIntimacyByAnx.

Before leaving Model 5 it should be noted that ExpectedIntimacy, which had been significant previously, is now insignificant. However, in any regression with a variable's interaction term (or terms), the meaning of the variable itself in the regression has changed to one of a conditional effect upon the dependent variable (Jaccard & Turrisi, 2003, p. 24). In this case the meaning of the coefficient of ExpectedIntimacy is the effect of ExpectedIntimacy upon RDAS when avoidance and anxiety equal zero. Hence, in this study the lack of significance of ExpectedIntimacy in Model 5 is not of concern. Put another way, ExpectedIntimacy must be

significant in Model 4 for it to be a moderator, but it need not be significant in Model 5.

However, in Model 5 or in the subsequent elimination regression its interaction term also must be significant for it to be a moderator.

Table 7

Omnibus Results, Models 2 through 5^a

	<i>Adj. R²</i>	<i>Std. Error</i>	<i>ΔF</i>	<i>df</i>	<i>ΔR²</i>	<i>Sig. ΔR²</i>
Model 2	-.007	9.9515	.329	2/199	.003	.720
Model 3	.527	6.8222	113.214	2/197	.533	.000
Model 4	.562	6.5641	8.898	2/195	.039	.000
Model 5	.571	6.4934	2.067	4/191	.018	.087

^a *Dependent Variable: RDAS*

Table 8

Coefficients, Models 2 through 5^a

	<i>Term</i>	<i>B</i>	<i>Std. Error</i>	<i>Beta</i>	<i>t</i>	<i>Sig.</i>	<i>Partial Corr.</i>	<i>VIF</i>
Model 2	(constant)	45.166	1.859		24.295	.000		
	Control A	.002	.080	.002	.023	.981	.002	1.150
	Control B	-.445	.582	-.058	-.765	.455	-.054	1.150
Model 3	(constant)	65.214	1.870		34.884	.000		
	Control A	.006	.055	.005	.103	.918	.007	1.159
	Control B	-1.000	.402	-.130	-2.487	.014	-.174	1.168
	Anxiety	-3.894	.597	-.434	-6.520	.000	-.421	1.880
	Avoidance	-3.051	.547	-.368	-5.575	.000	-.369	1.850
Model 4	(constant)	58.413	2.425		24.091	.000		
	Control A	.007	.053	.007	.130	.897	.009	1.172
	Control B	-1.058	.409	-.138	-2.588	.010	-.182	1.302
	Anxiety	-3.121	.603	-.348	-5.174	.000	-.347	2.071
	Avoidance	-2.984	.527	-.360	-5.657	.000	-.375	1.856
	RomanticNotArranged	.386	.998	.018	.370	.712	.026	1.137
	ExpectedIntimacy	.019	.005	.217	4.218	.000	.289	1.219
Model 5	(constant)	64.304	3.495		18.397	.000		
	Control A	.005	.053	.004	.089	.929	.844	1.185
	Control B	-1.081	.406	-.141	-2.665	.008	.763	1.311
	Anxiety	-5.965	1.337	-.664	-4.462	.000	.096	10.392
	Avoidance	-2.182	1.265	-.263	-1.726	.086	.092	10.904
	RomanticNotArranged	-3.595	2.555	-.181	-1.407	.161	.129	7.770
	ExpectedIntimacy	.003	.011	.035	.280	.780	.140	7.131
	InteractionMarStyleByAnx	2.054	1.177	.308	1.746	.082	.068	14.617
	InteractionMarIntimacyByAnx	.009	.005	.262	1.744	.083	.095	10.576
	InteractionMarStyleByAvoid	-.665	1.091	-.098	-.610	.543	.083	12.005
	InteractionMarIntimacyByAvoid	-.003	.005	-.084	-.542	.588	.090	11.132

^a *Dependent Variable: RDAS*

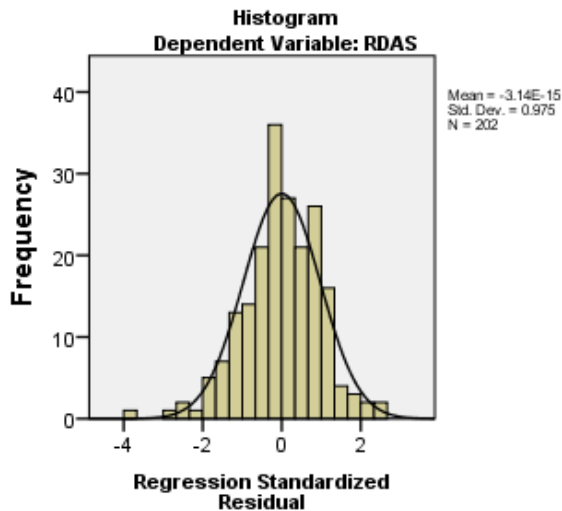


Figure 12. Histogram of First Hierarchical Regression Residuals

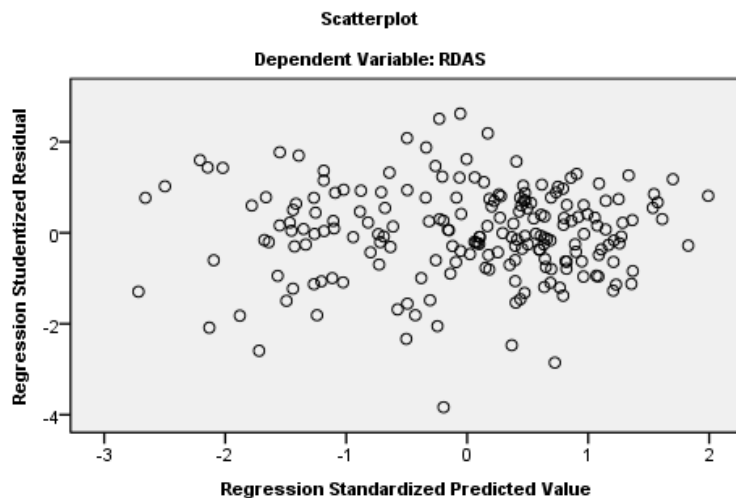


Figure 13. Heteroscedasticity & Linearity Scatterplot

Model 5b: Hierarchical Elimination Step

Hierarchical elimination resulted in Model 5b which keeps just one interaction term, InteractionMarIntimacyByAnx, as explained in the discussion of Model 5. Table 9a and Table 10 provide the detailed omnibus and individual statistics respectively. These tables only show the final step in the hierarchical regression since all the previous steps are identical to those shown in models 2 through 4 in Table 6 and Table 7. Now at the omnibus level Model 5b has a significant ΔR^2 ($p < .05$) and an Adjusted R^2 of .57. This Adjusted R^2 , showing that the full 5b

model explains over half of the variance in RDAS, is a strong effect size. At the individual coefficient level InteractionMarIntimacyByAnx is now significant ($p < .05$) with a partial correlation coefficient of .15. The interaction term has about half the effect upon RDAS as does anxiety itself, as indicated by the relative betas. As in the earlier hierarchy, this hierarchy shows a normal error distribution and no indication of heteroscedasticity or nonlinearity (see Figure 12 and Figure 13).

Hayes Process Method

Model 5b was also tested using the SPSS plug-in *Process* (Hayes, 2013). *Process* handles a large variety of moderation and mediation models without using hierarchical regression. This SPSS plug-in is particularly useful in several ways. For example, when mediation is being performed and the data fails normality tests, using bootstrapping is one way to handle the non-normality. However, without the *Process* plug-in it is very difficult to obtain the significance of the indirect mediation effects.

With respect to this study's moderations, the *Process* plug-in provides a good double-check on the correctness and accuracy of the results in the above hierarchical approach. The *Process* results are reported in Table 9b. To three decimal places, the *Process* results in Table 9b are identical to those in Table 9 for the hierarchical approach. These indistinguishable results provide an extra measure of confidence in the moderation results found in this study.

Conclusions from the First and Elimination Hierarchical Regressions

From the hierarchical regressions above, the following conclusions can be made. Hypotheses 1a and 1b are upheld as noted earlier in the discussion of Model 3. This is so because both anxiety and avoidance significantly affect RDAS, and affect it negatively as hypothesized.

Hypothesis 2 cannot be upheld (Marriage Style does not moderate the effect of relationship anxiety or relationship avoidance on marital satisfaction). This is evident because the interaction terms InteractionMarStyleByAnx and InteractionMarStyleByAvoid are not significant in model 5.

Hypothesis 3a is upheld (expectation of marital intimacy moderates the relationship between relationship anxiety and marital satisfaction). This is so because (a) ExpectedIntimacy has a significant direct effect upon RDAS in Model 4, (b) that effect is positive as hypothesized, and (c) the interaction term, InteractionMarIntimacyByAnx, significantly and positively influences RDAS in Model 5b.¹

Hypothesis 3b cannot be upheld (expectation of marital intimacy does not moderate the relationship between relationship avoidance and marital satisfaction). This is so because the term InteractionMarIntimacyByAvoid is highly insignificant in Model 5.

Table 9a

Omnibus Results, Models 5^b

	<i>Adj. R²</i>	<i>Std. Error</i>	<i>ΔF</i>	<i>df</i>	<i>ΔR²</i>	<i>Sig. ΔR²</i>
Model 5b	.569	6.5102	4.245	1/194	.009	.041

^a *Dependent Variable: RDAS*

¹ These results were obtained in part through hierarchical elimination.

Table 9b

Process Run of Model 5^b

	<i>Coeff</i>	<i>Std. Error</i>	<i>t</i>	<i>p</i>	<i>LLCI</i>	<i>ULCI</i>
Constant	62.7420	3.1934	19.6472	.0000	56.4437	69.0403
Expected	-.0001	.0104	-.0061	.9952	-.0206	.0205
Anxiety	-4.8932	1.0477	-4.6706	.0000	-6.9594	-2.8269
Int_1	.0083	.0040	2.0602	.0407	.0004	.0163
YearsInRel	.0054	.0526	.1019	.9189	-.0983	.1090
Income	-1.0287	.4056	-2.5362	.0120	-1.8286	-.2287
Avoidance	-2.9190	.5240	-5.5703	.0000	-3.9526	-1.8855
Romantic	.1688	.9844	.1715	.8640	-1.7727	2.1103

*Product terms key:**Int _1 Anxiety X Expected**R-square Increase due to Interactions*

	<i>R2-chang</i>	<i>F</i>	<i>Df1</i>	<i>Df2</i>	<i>p</i>
Int_1	.0091	4.2445	1.0000	194.0000	.0407

Table 10

Coefficients, Model 5^b

	<i>Term</i>	<i>B</i>	<i>Std. Error</i>	<i>Beta</i>	<i>t</i>	<i>Sig.</i>	<i>Partial Corr.</i>	<i>VIF</i>
Model 5b	(constant)	62.742	3.193		19.647	.000		
	Control A	.005	.053	.005	.102	.919	.007	1.172
	Control B	-1.029	.406	-.134	-2.536	.012	-.179	1.304
	Anxiety	-4.893	1.048	-.545	-4.671	.000	-.318	6.351
	Avoidance	-2.919	.524	-.352	-5.570	.000	-.371	1.862
	RomanticNotArranged	.169	.9840	.009	.171	.864	.012	1.147
	ExpectedIntimacy	-6.326E-5	.010	-.001	-.006	.995	.000	6.448
	InteractionMarIntimacyByAnx	.008	.004	.242	2.060	.041	.146	6.423

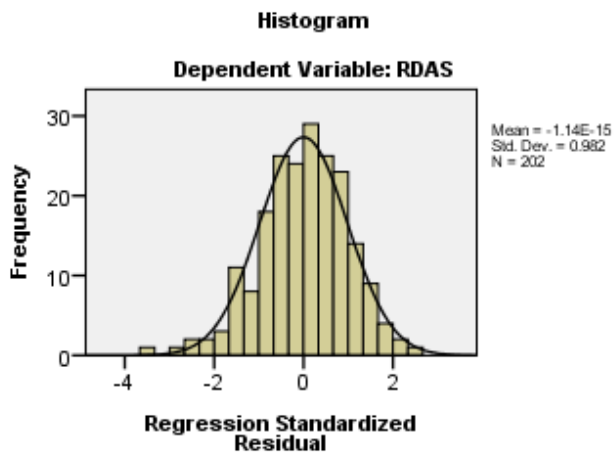
^a *Dependent Variable: RDAS*

Figure 14. Histogram of Elimination Hierarchal Regression Residuals

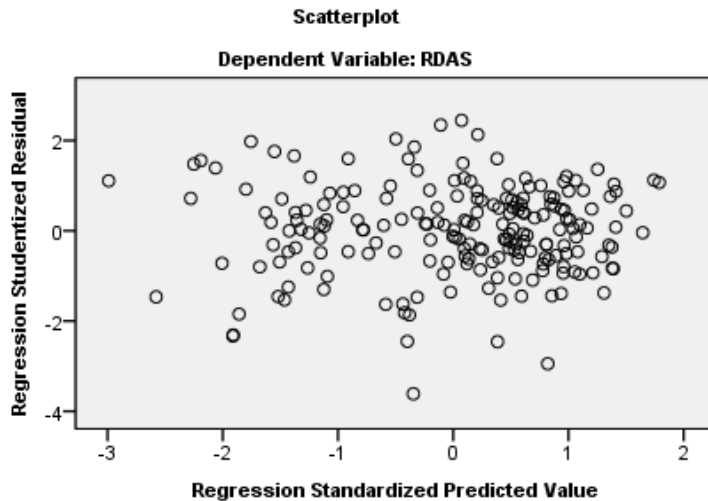


Figure 15. Eliminated Hierarchy Heteroscedasticity & Linearity Scatterplot

Analyzing Potential Mediation: The Second Hierarchical Regression

The study's Hypotheses 2, 3 and 4, taken together, imply a mediation effect: the moderation implied by Hypotheses 2 and 3 is itself mediated, by implication, in Hypothesis 4. The possible mediation effect was tested by a second hierarchical regression, as specified in the methods section, as equations (3) and (4). These equations were implemented below as Model 6 and Model 7 respectively. Detailed results of this hierarchical regression at the omnibus and coefficient levels are shown in Table 10 and Table 11 respectively. Overall, this hierarchical regression's diagnostic checks exhibit normally distributed residuals, no heteroscedasticity, and no nonlinearity (see Figures 16 and 17).

Model 6: Addition of Marital Intimacy Expectation to a Base Model 2

Model 6 added Expectedintimacy to the prior model which included only the controls (the prior model's results are described above under Model 2.). At the omnibus level Model 6 has a significant ΔR^2 ($p < .001$) and an Adjusted R^2 of .21, explaining 21% of the variance of RDAS. At the coefficient level ExpectedIntimacy is significant ($p < .001$) with a partial

correlation coefficient of .47. Hence, ExpectedIntimacy has a direct effect upon RDAS. The VIF values show no multicollinearity problems.

Model 7: Addition of Marital Style

Model 7 added RomanticNotArranged to the prior model. At the omnibus level Model 7 has an insignificant ΔR^2 ($p > .05$) and an Adjusted R^2 of .21. In order to understand this insignificance at the omnibus level, the individual coefficient were examined. At this stage ExpectedIntimacy is still significant ($p < .001$), but RomanticNotArranged is not significant ($p > .05$). Hence, RomanticNotArranged does not have a direct upon RDAS. The VIF values show no multicollinearity problems.

Conclusion Relative to any Mediation Effect

Models 1, 6 and 7 show that two of the three needed paths for mediation were insignificant. Specifically, referring to Figure 2 in the methods section, path b_4 is significant (expectation for marital intimacy does affect marital satisfaction as demonstrated by models 6 and 7), but paths a_1 and b_3 are not significant (marriage style does not significantly affect expectation for marital intimacy from Model 1, and marriage style does not significantly affect marital satisfaction from Model 7). All three paths need to be significant for a mediation condition to exist. Hence, there is no mediation present among this study's variables.

Table 11

Omnibus Results, Models 6 and 7^a

	<i>Adj. R^2</i>	<i>Std. Error</i>	ΔF	<i>df</i>	ΔR^2	<i>Sig. ΔR^2</i>
Model 6	.207	8.8302	54.782	1/198	.216	.000
Model 7	.211	8.8119	1.821	1/197	.007	.179

^a *Dependent Variable: RDAS*

Table 12

Coefficients, Models 6 and 7^a

	<i>Term</i>	<i>B</i>	<i>Std. Error</i>	<i>Beta</i>	<i>t</i>	<i>Sig.</i>	<i>Partial Corr.</i>	<i>VIF</i>
Model 6	(constant)	36.147	2.051		17.624	.000		
	Control A	-.644	.517	-.084	-1.244	.215	-.088	1.153
	Control B	-.005	.071	-.005	-.069	.945	-.005	1.150
	ExpectedIntimacy	.041	.006	.466	7.399	.000	.465	1.004
Model 7	(constant)	35.887	2.056		17.456	.000		
	Control A	-.886	.547	-.115	-1.621	.107	-.115	1.293
	Control B	.005	.071	.005	.070	.944	.005	1.163
	ExpectedIntimacy	.042	.006	.469	7.468	.000	.470	1.006
	RomanticNotArranged	1.778	1.318	.090	1.349	.179	.096	1.122

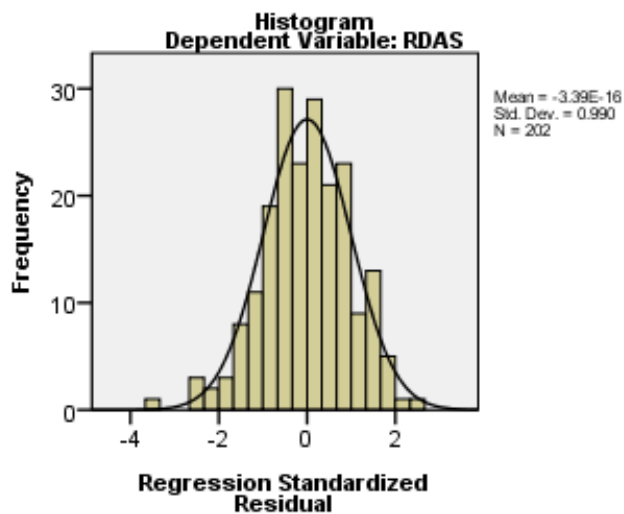
^a *Dependent Variable: RDAS*

Figure 16. Histogram Second Hierarchal Regression Residuals

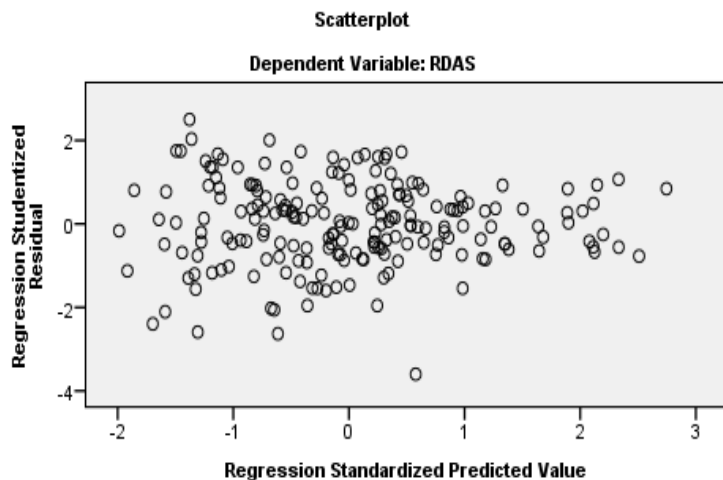


Figure 17. Second Hierarchy Heteroscedasticity & Linearity Scatterplot

Summary of Supported and Unsupported Hypotheses

Marital Satisfaction Association with Adult Attachment Style

It was hypothesized that as anxiety regarding the relationship increases marital satisfaction will decrease (hypothesis 1a) and similarly, as avoidant behavior within a relationship increases marital satisfaction will decrease (hypothesis 1b). Model 3 as shown in Table 7 shows significance at .001 for both variables (anxiety and avoidance). Both controls (years in the relationship and income) did not significantly affect the relationship between attachment style and marital satisfaction.

Influence of Marriage Style on the Relationship between Attachment style and Marital Satisfaction

It was hypothesized that a healthy attachment style will more strongly influence marital satisfaction in romantic marriages. Conversely, satisfaction in arranged marriages will not be as strongly influenced by attachment style (hypothesis 2). Model 4 in Table 8 shows that romantic style marriage is not significantly related to marital satisfaction ($p > .05$). Hence, hypothesis 2 is not supported.

The Influence of Expectation on the Relationship between Attachment Style and Marital Satisfaction

It was hypothesized that for individuals with greater expectations for marital intimacy a healthy attachment style would be more important factor to achieve marital satisfaction as compared to individuals with lower expectation for marital intimacy where attachment style would not be as important to achieve marital satisfaction. Model 5b (Table 10) shows that the InteractionMarStyleAnx coefficient is significant ($p < .05$).² However, this correlation held true only for the anxiety aspect of adult attachment style but not for the avoidant aspect of adult attachment style. Hence hypothesis 3a is upheld but hypothesis 3b cannot be supported.

Expectation and Marriage Style

It was hypothesized that the style of marriage (romantic versus arranged) would be a significant predictor of expectation for marital intimacy. Model 1 in Table 6 does not reveal an association between style of marriage and expectation for marital intimacy ($p > .05$). Hence, hypothesis 4 cannot be supported.

² This result was achieved only after a hierarchical elimination.

Conclusion

In this study, as in previous studies, adult attachment was found to be significantly correlated with marital satisfaction. However, this held equally true for both, romantic marriages and arranged marriages. Data analysis did not reveal a moderating role for marriage style between adult attachment style and marital satisfaction. Likewise, marriage style was not a predictor for expectation for marital intimacy. The study did find expectation for marital intimacy to be a moderating factor in the relationship between relationship anxiety (one of the two aspect in adult attachment) and marital satisfaction. However, expectation was not a moderating factor in the relationship between relationship avoidance (the second aspect of adult attachment style) and marital satisfaction. What can be concluded at this point is that the style of marriage (romantic versus arranged) is not an important factor in any of the proposed hypotheses. The study did reaffirm prior research that found adult attachment style to be a predictive factor in marital satisfaction.

CHAPTER 6: DISCUSSION

Purpose of the Study

This study was conducted to investigate the importance of adult attachment style on marital satisfaction in Hasidic arranged marriages. Identifying the underlying important constructs in successful marriages is an important area of study. This study was conducted over the internet. An original sample of 202 participants were recruited from the Hasidic communities and larger Jewish Orthodox communities. The computer-based survey took approximately thirty minutes to complete.

In spite of the wealth of research pertaining to marital satisfaction, there is limited research addressing marital satisfaction within the Hasidic community. Hasidic arranged marriages differ considerably from the more common western romantic-based marriages. This study followed the theoretical model of adult attachment as conceptualized by early attachment theorists and subsequently by more recent contributors to the theory and research of adult attachment. This study also focused on expectation for marital intimacy as a potential factor that may alter the influence of adult attachment style on marital satisfaction.

Adult Attachment Style and Marital Satisfaction

The association between adult attachment style and marital satisfaction has been extensively researched since the initial study conducted by Hazan and Shaver (1987). Subsequent studies and research efforts resulted in a variety of improved measures to assess adult attachment style. The correlation between adult attachment style and marital satisfaction consistently reported moderate to strong correlations (Fraley, 2012). Based on this body of research, it was proposed that adult attachment style while still influential in Hasidic arranged

marriages, would be less of an important predictor for marital satisfaction as compared to romantic-based marriages.

Adult attachment style is based on the work of John Bowlby and subsequently by the research on attachment conducted by Mary Ainsworth. Bowlby (1979) already conceptualized romantic and marital marriages as a form of attachment. Hazan and Shaver (1987), in their novel research, conceptualized that adult romantic relationships will follow a similar pattern of attachment that develops between caregiver and child. Since the initial study conducted by Hazan and Shaver, subsequent research has furthered the concept of an adult attachment model as a four style typography. The purpose in this study was to utilize the adult attachment classification model developed by Bartholomew and Horowitz (1991) and test for its association with marital satisfaction in Hasidic arranged marriages.

Expectation for Marital Intimacy

A second focus of this study was evaluating the potential influence of expectation for marital intimacy on marital satisfaction. Expectation was hypothesized to be a moderating factor in the importance of adult attachment style on marital satisfaction. And therefore, marriages with greater expectations would also result in attachment style being a more important variable in order to experience marital satisfaction. Expectation in marriage has many characteristics. In this study, expectation was defined as marital expectation for emotional, social, sexual, intellectual, and recreational intimacy. Expectation was conceptualized to be important in this study because of the Hasidic population being studied. Of the many differences between typical western romantic marriages, expectation for marital intimacy was thought to be an important differentiating factor. Although the results of the

analysis did not support the style of marriage to be an important factor, some important findings and considerations were generated by looking at expectation for marital intimacy.

Results of the Analyses

Adult Attachment and Marital Satisfaction

The literature reviewed, consistently found a correlation between adult attachment style and marital satisfaction. Furthermore, a healthy attachment functions as a buffer for stress, provides a safe-base, and a synchronized physiological and psychological between spouses (e.g. Saxbe & Repetti 2010). In this study, both aspects of adult attachment (anxiety and avoidance) proved to be associated with marital satisfaction. Higher scores on anxiety and avoidance resulted in lower scores on marital satisfaction. The results (in model 3) indicated that the adult attachment style explained 53% of the variance in the Revised Dyadic Adjustment Scale (RDAS). The results provide further support to the adult attachment-marital satisfaction diathesis and suggests that poor adult attachment styles may result in less marital satisfaction. However, an unexpected outcome of this study was the inverse relationship between income and marital satisfaction. As income declined participants reported greater marital satisfaction. While this finding is counterintuitive, further analysis is necessary to provide some explanation. Income, in this study, was introduced as a control variable (in models 3, 4, and 5) when testing for a correlation between adult attachment style and marital satisfaction. A possible explanation is that while higher income typically does correlate with greater marital satisfaction, it does so, partially, because it reduces relationship anxiety and relationship avoidance. However, when the two relationship factors (anxiety and avoidance) are introduced as independent variables, it subsumes the possible influence that income may have on marital satisfaction. Another possible explanation for the inverse relationship between income and marital satisfaction, is that

individuals with healthier patterns of adult attachment styles (as indicated by lower scores on relationship anxiety and avoidance) may devote greater emphasis and devote more attention to their marriages when experiencing financial distress.

The association between adult attachment style and marital satisfaction did not differ based on the style of marriage. For both marriage styles, Hasidic/arranged and romantic, healthier adult attachment was correlated with greater marital satisfaction. While the hypothesis was not supported, the lack of a finding holds great importance. With the divorce rate rising within the Hasidic community (Schonbuch, 2013), learning the factors that may contribute to more satisfying marriages is important. This study provides further support to prior studies that found adult attachment style to be correlated with marital satisfaction. Furthermore, this finding holds true with a Hasidic/arranged marriage population. This suggests that more important than the style of marriage is the style of adult attachment available as a template for closeness and healthy interpersonal relationships.

Expectation for Marital Intimacy

It was hypothesized that expectation for marital intimacy would mediate the importance of a healthy attachment style on marital satisfaction. Interestingly, the hypothesis was supported but only on the anxiety aspect of adult attachment. Individuals who scored high on expectation for intimacy were the most affected by anxiety in their relationships (higher anxiety was associated with less marital satisfaction and less anxiety was associated with greater marital satisfaction). Hence, anxiety within a relationship was a greater predictor of marital satisfaction for individuals with higher expectation for intimacy as opposed to individuals with lower levels of expectation. This would suggest that a healthy adult attachment style is more important for individuals with higher expectations for marital intimacy. However, avoidant behavior was not

a predictor for marital satisfaction regardless of expectation for intimacy. Further analysis and inquiry is necessary to understand why anxiety was significant while avoidance was not. One possible explanation may be the behaviors likely to ensue from anxious relationships versus avoidant relationships. For example, individuals with an avoidant style are likely to fear intimacy and avoid opportunities for intimacy and closeness. Contrastingly, anxiously attached individuals are more likely to engage in extreme emotional highs and lows, jealousy, a strong desire for reciprocation and commitment, and intense sexual attraction (Bartholomew & Horowitz, 1991). It may therefore follow that those with high avoidance scores are not likely to have high expectations. Furthermore, because avoidant behavior is less confrontational it may not be so much of an obstacle to acquiring the desired expectations as compared to individuals with anxious patterns of attachment. However, individuals with high anxiety scores are likely to have high expectations and are simultaneously engaging in extreme behaviors that make it more difficult to actually achieve those expectations. Therefore, anxiety proved to be a moderator between attachment style and marital satisfaction while avoidance did not. These assertions, obviously, require further study.

Marriage Style: Hasidic/Arranged Marriages and Romantic Marriages

The style of marriage (Hasidic/arranged and romantic) did not show significant differences in the analysis of any of the hypotheses. Adult attachment style was equally important for romantic marriages and for Hasidic/arranged marriages. There was also no significant difference in expectation for marital intimacy. Both groups reported comparable interest in expectations for intimacy. While the hypotheses were not supported, the implications are significant. As discussed earlier, it is possible that adult attachment style is so important that other seemingly important factors (such as style of marriage) lose relevance. However,

what is more striking is the lack of a significance in the expectation for marital intimacy between the two groups. Given the secluded lifestyle of young Hasidim, it is surprising that the expectation for marital intimacy would be equal to individuals who have much greater secular exposure and marry based on romantic interest. There are many possible implications. The ideas proposed in the following paragraphs are presented as possible explanations.

Considerable additional research is necessary to gain empirical knowledge of the potential factors that influence Hasidic/arranged marriages.

There is always a risk when using a measure that was designed for the general population and was not standardized to include minority groups. This may be especially a concern when the measure is being used for a group as unique as the Hasidic population. Hence, using the PAIR as a source of a comparison between Hasidic/arranged marriages and romantic-based marriages may be compromised. Another concern may be the defensive attitude commonly expressed when interviewing or researching Hasidim (Marshall & Batten, 2004). This can be observed by the limited research conducted within the Hasidic communities, which is probably a consequence of the resistant attitude. Therefore, it is possible that the responses, in general, reflect somewhat of a resistance to disclose or challenge thoughts and feelings that may be inconsistent with the Hasidic doctrine (perhaps a derivative of a cognitive dissonance). Finally, while great effort was exercised to include a diverse Hasidic population, it is possible that many of the Hasidic participants in this study are not reflective of the typical Hasid. This may be so because, the use of the internet is seen by the Hasidic establishment as a threat to their inculcated lifestyle (Berger, 2014). Since this study was conducted via the internet, it was easier to recruit Hasidic participants who have easy access to the internet. Particular effort was devoted to asking Hasidic individuals that do not have readily available

internet access to complete the online survey. However, it is difficult to ascertain how many of those actually completed the survey. Hasidim that have easy and constant access to the internet are more likely to be defying regulations imposed by the Rabbinic establishment. It is therefore conceivable that expectation for marital intimacy amongst these groups of Hasidic participants is similar to the more secularized romantic group. Finally, while counterintuitive, it is possible that in spite of the uniqueness of Hasidic marriages, the expectation for marital intimacy does not differ from their more secularized counterparts. Perhaps, the statements quoted earlier by Bowlby (p.1) (Human beings of all ages are happiest and able to deploy their talents to best advantage when they are confident that, standing behind them, there are one or more trusted persons who will come to their aid should difficulties arise (Bowlby, 1979, pp. 103-104)) suggests that individuals feeling supported within their marriages is an important underpinning regardless of the marriage style. In future research concerning Hasidic arranged marriages, it would be a great benefit to construct measures that are psychometrically designed to also represent a Hasidic population.

Clinical Implications

According to many sources (e.g. Copen, Daniels, Vespa, & Mosher, 2012), the percentage of divorces in the United States hovers between 30 and 40 percent. Based on the available literature, the rate of divorce in the Hasidic population continues to rise (Schonbuch, 2013). Two clinically relevant statements can be made based on this study. First, having a healthy adult attachment style is an important factor in marital satisfaction. Second, heightened expectation can make it more difficult to achieve marital satisfaction if the individual has an anxious style of attachment. This holds several practical clinical implications. Patients presenting with marital distress can be helped by addressing deeper personality structures such

as attachment style. The notion that attachment style is a continuous process originating in infancy and continuing throughout adulthood is tenuous (e.g. Fraley, Vicary, & Brumbaugh, 2011). However, addressing childhood related issues, particularly concerns relating to important attachment figures, can potentially help individuals experience greater marital satisfaction.

This study did not address the rise of divorce in the Hasidic community. This is an area that requires further studies. However, this study does support that 1) a healthy attachment style is important regardless of style of marriage and 2) that greater expectation makes it more important to have a healthy adult attachment style. For mental health professionals working with the Hasidic community it is important to realize the importance of enhancing an individual's capacity to develop healthy forms of attachment, which will likely relate in improved marital satisfaction. Regardless of the precise number, divorce is well documented to be a source of much distress for the divorcing couple and especially for the children involved (e.g. Lansford, 2009). This study contributes to the clinical importance of helping practitioners focus on possible important underpinnings that contribute to satisfying marriages thereby lessening psychic related distress.

Limitations of the Study

This study has several important limitations. The study used an online self-report measure. Self-report measures offer convenience and the option for anonymity. However, the procedure introduces concerns about honesty and accuracy (e.g. van de Mortel, 2008). Regardless, based on the reliability scales, it does not appear that intentional distortions were an important concern in this study. However, it is still difficult to ascertain how forthcoming participants were, especially given the intimate nature of the topic.

As mentioned earlier, the measures utilized in this study were not standardized on a Hasidic population. Since Hasidim differ significantly from the mainstream population, it is difficult to know whether the measures are equally valid for a Hasidic population. Furthermore, it is possible that the Hasidic sample in this study does not accurately reflect the general Hasidic population. The study was conducted online. The use of the internet is strongly condemned by the Hasidic leadership except for business use. Therefore, Hasidim that participated in the study may, to a large extent, constitute a defiant Hasidic sample. On the other hand, a great effort was made to recruit a wide range of Hasidim, focusing specifically on Hasidim that are not likely to be heavy user of the internet. However, it is not known how many of the non-internet users actually participated in the study. Additionally, as evident from the literature review, there are no empirical studies investigating expectation for marital intimacy in Hasidic marriages. The lack of empirical support places several of the hypotheses as exploratory questions rather than hypotheses based on a solid empirical bases. Finally, the measure used to assess expectation for marital intimacy, was adopted from the original PAIR (Schaefer & Olson, 1981) and accommodated with permission from the author for the purpose of this study. Hence, it is possible that a measure designed specifically for the purposes of this study would result in more accurate and significant differences in expectation for marital intimacy for the two groups.

The population under investigation was a Hasidic population that practices arranged marriages. Many other cultures and societies still practice arranged marriages. However, it is difficult to know whether the findings in a Hasidic population can be generalized to other populations that are significantly different from the Hasidic culture.

Directions for Further Study

Much of the discussion in this investigation regarding Hasidim is based on non-empirical sources. Information regarding Hasidim is derived primarily from community-based publications. Little, if any, of this discussion is founded on adequate empirical support. Regardless, the available literature (e.g. Schonbuch, 2013) suggests that the divorce rate amongst Hasidim is steadily rising. Future studies would be necessary to gain an understanding as to why divorces amongst the Hasidic population are increasing. Furthermore, future studies should make a greater effort to collect a more representative Hasidic sample. While great effort was made in this study to obtain a representative sample, future studies should devise a better system to assure that Hasidic participants are actually being recruited from the entire spectrum of the Hasidic population. Moreover, a qualitative study on expectation for marital intimacy comparing Hasidim in arranged marriages and Orthodox Jews in romantic marriages would likely provide much needed insight in this area.

Marriage expectation measures are limited. Better measures will need to be devised so that expectation for marital intimacy can be adequately assessed. This study may have lacked to find a statistical significance on expectation between the two groups because of the limited expectation measures available.

Perhaps the most perplexing finding was the inverse correlation between income and marital satisfaction. As income declined, marital satisfaction increased. This finding seems counter-intuitive. However, this negative correlation only became significant after accounting for the effects of adult attachment style. This, potentially, holds tremendous significance. Perhaps, the reason why greater income typically results in greater marital satisfaction is because increased income makes it easier to develop a healthy adult attachment style.

Therefore, in this study, the impact of income on marital satisfaction was subsumed by the style of adult attachment. It would be interesting for future studies to investigate the factors that may explain why increased income typically results in greater marital satisfaction and whether adult attachment style is in fact influenced by income.

Finally, further research is recommended to learn more about the associations between expectations for marital intimacy, marital satisfaction, and adult attachment style. More research is needed to understand why only relationship anxiety influenced the relationship between higher expectation for marital intimacy and marital satisfaction. Relationship avoidance was not influential in the relationship between greater expectation for marital intimacy and marital satisfaction.

Conclusion

This quantitative study examined the relationship between adult attachment style, expectation for marital intimacy as independent variables and marital satisfaction as the dependent variable comparing a Hasidic/arranged marriages population with a Jewish Orthodox romantic marriages population. The goal was to support the importance of a healthy adult attachment style in order to experience greater marital satisfaction. The study aimed to address a Hasidic population, which is severely underrepresented in psychological literature. Additionally, the study looked at the possibility that expectation for marital intimacy may be different for the two aforementioned groups. The study aimed to integrate expectation for marital intimacy, adult attachment style, and marital satisfaction. It was thought that higher expectation for marital intimacy makes it more important to have a healthy adult attachment style and vice versa.

In this study, adult attachment was significantly correlated with marital satisfaction in both the Hasidic/arranged marriage population and the non-Hasidic romantic group. Significant moderated pathways were found from adult attachment style (relationship anxiety only) to marital satisfaction through expectation for marital intimacy. The study concluded that a healthy adult attachment style is equally important in both groups. The findings suggest that it becomes even more important to possess a healthy adult attachment style when expectation for marital intimacy is high. Couples that report with marital disharmony would benefit from an intervention that addresses attachment related concerns. Further research is crucial to better understand the unique characteristics of Hasidic/arranged marriage.

REFERENCES

- Ainsworth, M., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of attachment: A psychological study of the strange situation*. Hillsdale, NJ: Lawrence Erlbaum.
- Ainsworth, M. (1985). Patterns of attachment. *Clinical Psychologist*, 38, 27-29.
- Allendorf, K. & Gimire, D. J. (2013). Determinants of marital quality in an arranged marriage society. *Social Science Research*, 42, 59 – 70.
- Apostolou, M. (2007). Sexual selection under parental choice: The role of parents in the evolution of human mating. *Evolution and Human Behavior*, 28, 403 – 409.
- Aron, A. (2010). *Behavior, the brain, and the social psychology of close relationships*. In C. R. Agnew, D. E. Carlston, W. G. Graziano, & J. R. Kelly (Eds.), *Then a miracle occurs: Focusing on behavior in social psychological theory and research* (pp. 283–298). New York, NY: Oxford University Press.
- Banse, R. (2004). Adult attachment and marital satisfaction: Evidence for dyadic configuration effects. *Journal of social and personal relationships* 21, 273- 282.
- Baron, R. M. & Kenny, D. A. (1986). The moderator – mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology*, 51, 1173 – 1182.
- Bartholomew, K. & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of personality and social psychology* 61, 226 – 244.
- Bartlett, J. & Dole, N. H. (Ed.). (2000). *Familiar quotations* (10th ed.). Boston: Little, Brown.
- Berger, J. (2014). *The Pious Ones: The World of Hasidim and Their Battles with America*. New York, NY: Harper Perennial.
- Bergner, D. (2015, January 22). The orthodox sex guru. *The New York Times*. Retrieved from

http://www.nytimes.com/2015/01/25/magazine/the-orthodox-sex-guru.html?_r=0

- Blood, R. O. (1967). *Love match and arranged marriage: A Tokyo-Detroit comparison*. New York, NY: The Free Press.
- Bowlby, J. (1944). Forty-four juvenile thieves: Their characters and home lives. *International Journal of Psychoanalysis*, 25, 19-52.
- Bowlby, J. (1951). *Maternal care and mental health*. World Health Organization Monograph (Serial No. 2).
- Bowlby, J. (1958). The Nature of the Child's Tie to His Mother. *International Journal of Psychoanalysis*, 39, 350-371.
- Bowlby, J. (1965). *Child care and the growth of love* (2nd ed.). Harmondsworth, UK: Penguin Books.
- Bowlby, J. (1969). *Attachment and loss, vol. 1, Attachment*. New York, NY: Basic Books.
- Bowlby, J. (1979). *The making and breaking of affectional bonds*. London: Tavistock Publications.
- Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. New York: Basic.
- Brennan, K. A., Clark, C. L., & Shaver, P. R. (1998). *Self-report measurement of adult romantic attachment: An integrative overview*. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 46-76). New York: Guilford Press.
- Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, 28, 759-775.
- Buss, D. M., Abbott, M., Angleitner, A., Asherian, A., Biaggio, A.,... Blanco-Villasenor, A. (1990). *Journal of Cross-Cultural Psychology*, 21, 5 – 47.

- Carey, M. P., Spector, I. P., Lantinga, L. J., & Krauss, D. J. (1993). Reliability of the Dyadic Adjustment Scale. *Psychological Assessment*, 5, 238-240.
- Cassidy, J & Shaver, P. R. (2008). *Handbook of attachment. Theory research and clinical applications*, (2nd ed.). New York, NY: The Guilford Press.
- Cohn, D. A., Silver, D. H., Cowan, C. P., Cowan, P. A., & Pearson, J. (1992). Working models of childhood attachment and couple relationships. *Journal of Family Issues*, 13, 432 - 449.
- Coombs, R. H. (1991). Marital status and personal well-being: A literature review. *Family Relations*, 40, 97 – 102.
- Coontz, S. (2005). *Marriage a history: How love conquered marriage*. New York, NY: Penguin Group.
- Copen, C. E., Daniels, K., Vespa, J., Mosher, W. D. (2012). First marriages in the United States:
Data from the 2006 – 2010 national survey of family growth. *National Health Statistics Reports*, 49, 1-22.
- Dandeneau, M. L. & Johnson, S. M. (1994). Facilitating intimacy: Interventions and effects. *Journal of Marital and Family Therapy*, 20, 17-33.
- Egeland, B., & Farber, E. A. (1984). Infant-mother attachment: Factors related to its development and changes over time. *Child Development*, 55, 753-771.
- Epstein, R., Pandit, M., & Thakar, M. (2013). How love emerges in arranged marriages: Two cross-cultural studies. *Journal of Comparative Family Studies*, 44, 341 – 352.
- Erikson, E. H. (1950). *Childhood and society* (2nd ed.). New York, NY: Norton.
- Fader, A. (2009). *Mitzvah girls: Bringing up the next generation of Hasidic Jews in Brooklyn*

- Princeton, NJ: Princeton University Press.
- Feeney, J. A. & Hohaus, L. (2001). Attachment and spousal caregiving. *Personal Relationships*, 8, 21 – 39.
- Fincham, F. D., Stanley, S. M., & Beach, S. R. H. (2007). Transformative processes in marriage: An analysis of emerging trends. *Journal of Marriage and Family*, 69, 275–292.
- Fraley, R. C. (2002). Attachment stability from infancy to adulthood: Meta-analysis and dynamic modeling of developmental mechanisms. *Journal of Personality and Social Psychology Review*, 6, 123 – 151.
- Fraley, R. C., Vicary, A. M., & Brumbaugh, C. C. (2011). Patterns of stability in adult attachment: An empirical test of two models of continuity and change. *Journal of Personality and Social Psychology*, 101, 974-992.
- Fraley, R. C., Waller, N. G., Brennan, K. A. (2000). An item response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology*, 78, 350 – 365.
- Georgas, J., Berry, J. W., Fons J. R., van de Vijver, Kagitçibasi, Ç., & Poortinga, Y. H. (2006). Families across cultures: A 30-nation psychological study. Cambridge, UK: Cambridge University Press.
- Glenn, N. D. (1991). The recent trend in marital success in the United States. *Journal of marriage and the family*, 53, 261 – 270.
- Glenn, N.D., Uecker, J.E., Love, R.W.B. (2010). Later first marriage and marital success. *Social Science Research* 39, 787–800.
- Goldman, N. (1993). The perils of single life in Japan. *Journal of Marriage and the Family*, 55,

191 – 204.

Gove, W. R., Hughes, M., Style, C. B. (1983). Does marriage have positive effects on the psychological well-being of the individual? *Journal of Healthy and Social Behavior*, 24, 122 – 131.

Greeff A. P. & Malherbe, H. L. (2001). Intimacy and marital satisfaction in spouses. *Journal of Sex and Marital Therapy*, 27, 247-257.

Hair, Black, Babin, & Anderson, R. E. (2010). *Multivariate data analysis* (7th Ed.). Prentice Hall upper saddle river, NJ.

Hatfield, E., Rapson, R. L., & Martel, L. D. (2007). *Passionate love and sexual desire*. In S. Kitayama & D. Cohen (Eds.), *Handbook of cultural psychology* (pp. 760– 779). New York: Guilford Press.

Hayes, A. F. (2013). *Introduction to mediation, moderation, and conditional process analysis: A regression-Based approach*. Guilford press New York, NY.

Hazan, C. & Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52, 511 – 524.

Hazan, C. & Shaver, P. R. (1994). Attachment as an organizational framework for research on close relationship. *Psychology Inquiry*, 5, 1 – 22.

Heard D.H. & Lake B. (1986) The attachment dynamic in adult life. *British Journal of Psychiatry* 149, 430–438.

Helgeson, S. (2014). *Birth order and romantic relationships: A summary and recommendation paper*. Unpublished master's thesis for master's degree, Adler Graduate School, Minneapolis, Minnesota.

Hibbard, K. M. (1991). Attachment and marital adjustment across time. *Dissertation Abstracts*

- International, 61 (8-B), 4407.
- Hirschberger, G., Srivastava, S., Marsh, P., Cowan, P. & Cowan, P. A. (2009). Attachment, marital satisfaction, and divorce during the first fifteen years of parenthood. *Personal Relationships*, 16, 401 – 420.
- Holland, A. S., Fraley, R. C., & Roisman, G. I. (2012). Attachment styles in dating couples: Predicting relationship functioning overtime. *Personal Relationships*, 19, 234 – 246.
- Hudson, N. W., Fraley, R. C., Brumbaugh, C. C., & Vicary, A. M. (2014). Coregulation in romantic partners' attachment styles: A longitudinal investigation. *Journal of personality and social psychology bulletin*, 40, 845- 857.
- Jaccard, J. J. & Turrissi, R. (2003). *Interaction effects in multiple regression (quantitative applications in the social sciences)* (2nd ED.). Sage Publications Thousand Oaks, CA.
- Jacob, F. M. (1999). Continuities in support experience: The prediction of marital satisfaction, emotional well-being and distress from attachment style, perceived support and nonsupport in the context of personal strivings. (Doctoral dissertation, Fordham University, 1999). Dissertation Abstracts International, 59 (8-B), 4466.
- Kelley, D. L. & Burgoon, J. K. (1991). Understanding marital satisfaction and couple type as functions of relational expectations. *Human Communication Research*, 18, 40-69.
- Klohen E. C. & Luo, S. (2003). Interpersonal attraction and personality: What is attractive – Self Similarity, ideal similarity, complementarity, or attachment security? *Journal of Personality and Social Psychology*, 85, 709 – 722.
- Kobak, R. R. & Hazan, C. (1991). Attachment in marriage: Effects of security and accuracy in working models. *Journal of Personality and Social Psychology*, 60, 861 – 869.
- Kohn, J. L., Rholes, S. W., Simpson, J. A., Martin, A. M., Tran, S., & Wilson, C. L. (2012).

- Changes in marital satisfaction across the transition to parenthood. *Pers Soc Psychology*, 11, 1506 – 1522.
- Kotler, T. (1985). Security and autonomy within marriage. *Human Relations*, 38, 299-321.
- Laner, M. R. & Russell, J. N. (1994). Course content and change in students: Are marital expectations altered by marriage education? *Teaching sociology*, 22, 10 – 18.
- Landis, D., & O'Shea, W. A., III. (2000). Cross-cultural aspects of passionate love: An individual difference analysis. *Journal of Cross-Cultural Psychology*, 31, 754– 779.
- Lansford, J. E. (2009). Parental divorce and children's adjustment. *Journal of the Association for Psychological Science*, 4, 140-152.
- Main, M., Kaplan, N., & Cassidy, J. (1985). Security in infancy, childhood, and adulthood: A move to the level of representation. *Monographs of the Society for Research in Child Development*, 50, 66-104.
- Main, M., & Solomon, J. (1990). *Procedures for identifying infants as disorganized/disoriented during the Ainsworth Strange Situation*. In M. T. Greenberg, D. Cicchetti, & E. M. Cummings (Eds.), *Attachment in the preschool years* (pp. 121-160). Chicago: University of Chicago Press.
- Marcus, L. (1997). The relationship of adult attachment style, communication, and relationship satisfaction. (Doctoral Dissertation).
- Marshall, A. & Batten, S. (2004). Researching across cultures: Issues of ethics and power. *Forum: Qualitative Social Research*, 5, Art. 39.
- McCarthy, B. & McCarthy, E. J. (2004). *Getting It Right the First Time: Creating a Healthy Marriage*. New York, NY: Brunner-Routledge.
- McGuirk, E. M. & Pettijohn, T. F. (2008). Birth order and romantic relationship styles and

- attitudes in college students. *North American Journal of Psychology*, 10, 37 – 52.
- McNulty, J. K. & Karney B. R. (2004). Positive expectations in the early years of marriage: Should couples expect the best or brace for the worst? *Journal of Personality and Social Psychology*, 86, 729-743.
- Meier, A. H., Kathleen E., & Ortyl, T. A. (2009). Young adult relationship values at the intersection of gender and sexuality. *Journal of Marriage and Family*, 71, 510–525.
- Meyers, S. A. & Landsberger, S. A. (2002). Direct and indirect pathways between adult attachment style and marital satisfaction. *Personal Relationships*, 9, 159 – 172.
- Mikulincer, M. & Shaver, P. R. (2007). *Attachment in adulthood: Structure, dynamics, and change*. New York: The Guilford Press.
- Mintz, J. R. (1992). *Hasidic People: A place in the new world*. Cambridge, MA: Harvard University Press.
- Moore, K. A., McCabe, M. P., Stockdale, J. E. (1998). Factor analysis of the personal assessment of intimacy in relationships scale (PAIR): engagement, communication, and shared friendships. *Sexual and Marital Therapy*, 13, 361-370.
- Novak, A. (2007). Expectation of intimacy: A longitudinal study of the associations between expected, achieved and ideal relationship intimacy, attachment, marital satisfaction and well-being among engaged and married couples (doctoral dissertation). Retrieved from Pro Quest. 3252968.
- Olson, D. H. & Schaefer, M. T. (2000). Personal assessment of intimacy in relationships. Minneapolis, MN: Life Innovations, Inc.
- Peale, N. V. (1952). *The power of positive thinking*. New York, NY: Prentice-Hall.

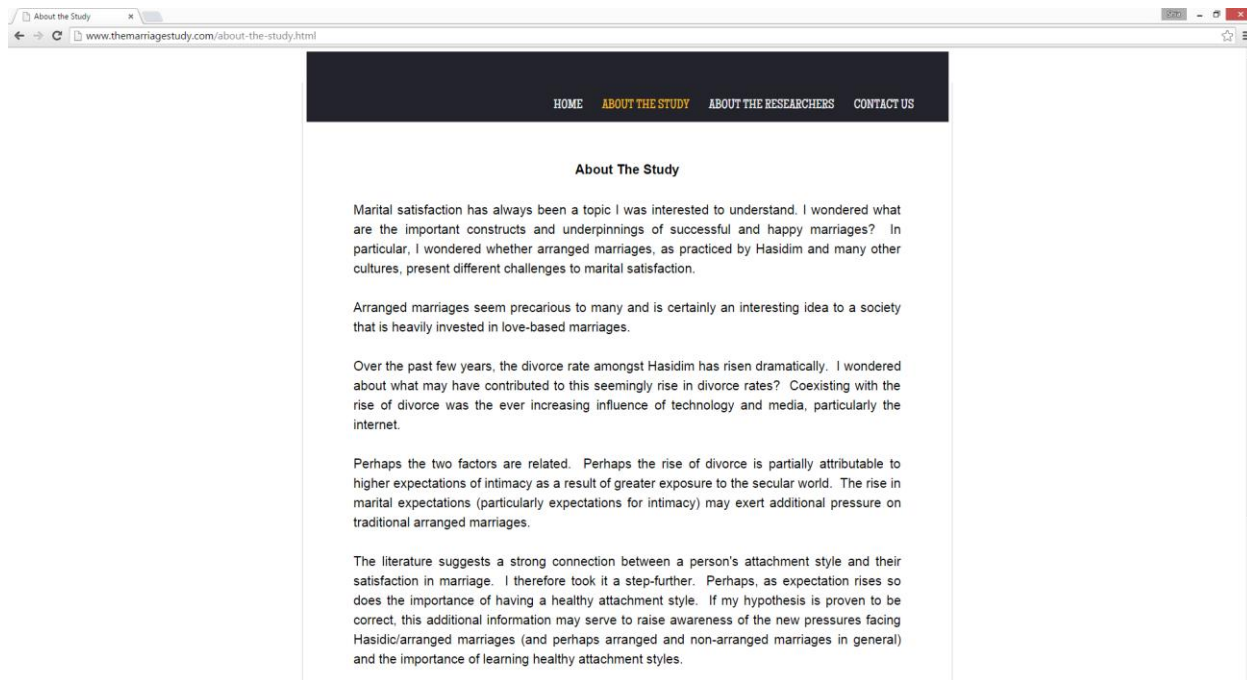
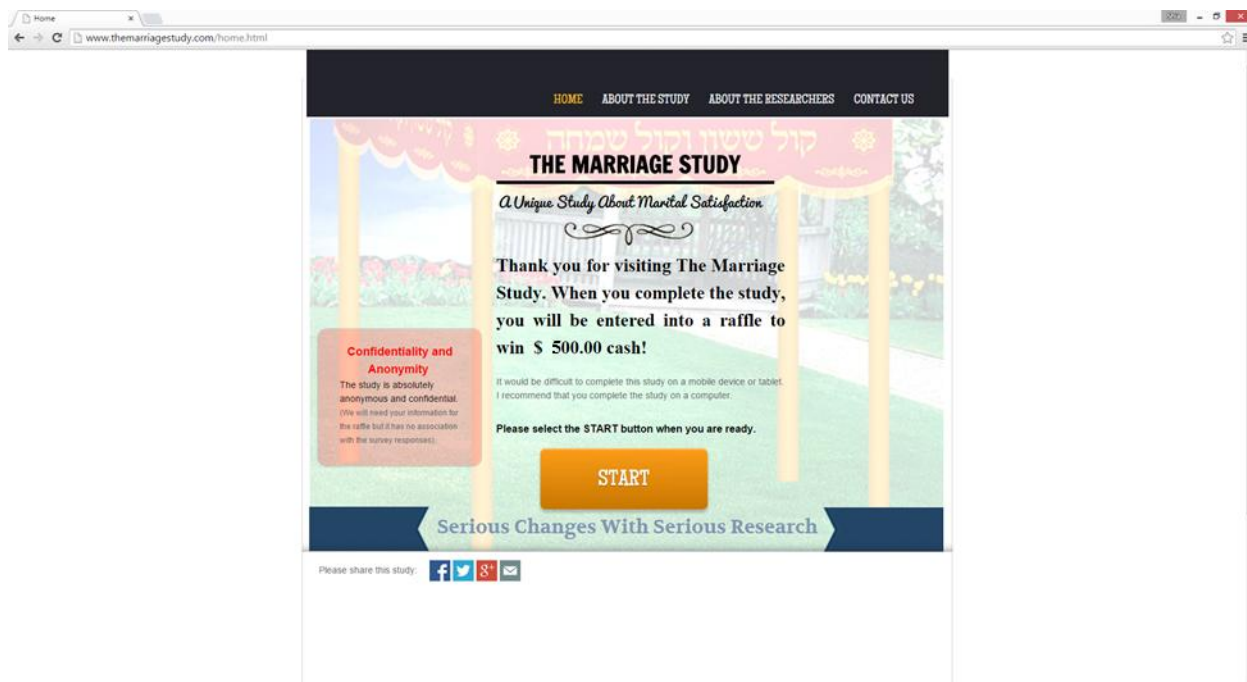
- Pimentel, E. E. (2000). Just how do I love thee? Marital relations in urban China. *Journal of marriage and the family*, 62, 32 – 47.
- Pistole, M. C. (1989). Attachment in adult romantic relationships: Style of conflict resolution and relationship satisfaction. *Journal of Social and Personal Relationships*, 6, 505 – 510.
- Prager, K. (1995). *The psychology of intimacy*. New York: The Guilford Press.
- Raetz, K. (2011). Birth order and couple satisfaction. https://www.prepare-enrich.com/pe/pdf/research/2011/birth_order_and_couple_satisfaction_Raetz_2011.pdf
- Reedy, M. N., Birren, J. E., & Schaie, K. W. (1981). Age and sex differences in satisfying love relationships across the adult life span. *Human Development*, 24, 52-66.
- Robinson, L. C. & Blanton, P. W. (1993). Marital strengths in enduring marriages. *Family Relations: Interdisciplinary Journal of Applied Family Studies*, 42, 38-45.
- Rockman, H. (1993). Sexshmex – as long as you love your wife: A review of the laws and guidelines regarding sexual behavior among orthodox Jews. *Sexual and marital therapy*, 8, 255-267.
- Rockman, H. (1994). Matchmaker matchmaker make me a match: The art and conventions of Jewish arranged marriages. *Sexual and Marital Therapy*, 9, 277-284.
- Rholes, W. S., Simpson, J. A., & Friedman, M. (2006). Avoidant attachment and the experience of parenting. *Pers Soc Psychology*, 32, 275 – 285.
- Ruvolo, A. P. & Veroff, J. (1997). For better or worse: Real-ideal discrepancies and the marital well-being of newlyweds. *Journal of Social and Personal Relationships*, 14, 223-242.
- Sabatelli, R. M. & Pearce, J. (1986). Exploring marital expectations. *Journal of social and personal relationships*, 3, 307 – 321.

- Saxbe, D. E., & Repetti, R. L. (2010). For better or worse? Coregulation of couples' cortisol levels and mood states. *Journal of Personality and Social Psychology*, 98, 92 – 103.
- Sbarra, D. A., & Hazan, C. (2008). Coregulation, dysregulation, self-regulation: An integrative analysis and empirical agenda for understanding adult attachment, separation, loss, and recovery. *Personality and Social Psychology Review*, 12, 141 – 167.
- Schaefer, M. T. & Olson, D. H. (1981). Assessing intimacy: The Pair Inventory. *Journal of marital and family therapy*. 47 - 60
- Schonbuch, D. (September, 2013). Responding to the rise of divorce rate in the orthodox community. *Vos Iz Neias*. Retrieved from <http://www.vosizneias.com/140424/2013/09/03/responding-to-the-rising-divorce-rate-in-the-orthodox-community/>
- Selcuk, E., Zayas, V., & Hazan, C. (2010). Beyond satisfaction: The role of attachment in marital functioning. *Journal of Family Theory & Review*, 2, 258 – 279.
- Senchak, M. & Leonard, K. E. (1992). Attachment styles and marital adjustment among newlywed couples. *Journal of Social and Personal Relationships*, 9, 51 – 64.
- Shaver, P. R., & Fraley, R. C. (2000). Attachment theory and caregiving: An evaluation of Bell and Richard's critique. *Psychological Inquiry*, 11, 109-114.
- Shaver, P. R., Hazan, C., Bradshaw, D. (1988). *Love as attachment: The integration of three behavioral systems*. In R. J. Sternberg & M. Barnes (Eds.), *The psychology of love* (pp. 68 – 99). New Haven, CT: Yale University Press.
- Sibley, C. G., Fisher, R., & Liu, J. H. (2005). Reliability and validity of the revised experiences in close relationships (ECR-R) self-report measure of adult romantic attachment. *Personality and Social Psychology Bulletin*, 31, 1524-1540.

- Simpson, J. A. (1990). Influence of attachment styles on romantic relationships. *Journal of Personality and Social Psychology*, 59, 971 – 980.
- Simpson, J. A., Rholes, W. S., & Nelligan, J. S. (1992). Support seeking and support giving within couples in an anxiety-provoking situation: The role of attachment styles. *Journal of Personality and Social Psychology*, 62, 434 – 446.
- Sobel, M. E. (1982). Asymptotic confidence Intervals for indirect effects in structural equation models. *Journal of sociological methodology*, 13, 290 – 310.
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 38, 15–28.
- Sprecher, S., & Regan, P. C. (1998). Passionate and companionate love in courting and young married couples. *Sociological Inquiry*, 68, 163– 185.
- Sroufe, L. A., & Waters, E. (1977). Attachment as an organizational construct. *Child Development*, 48, 1184-1199.
- Stassen-Berger, K. (2012). *The developing person through the life span* (8th Ed.). New York, NY: Worth Publishers.
- Sternberg, R. J. (1988). *The triarchic mind: A new theory of human intelligence*. New York: Viking.
- Sullivan, S. (1999). *Falling in love: A history of torment and enchantment*. London: Macmillan.
- Trudel, G. & Goldfarb, M. R. (2010). Marital and sexual functioning and dysfunctioning, depression and anxiety. *Sexologies*, 19, 137 – 142.
- van deMortel, T. F. (2008). Faking it: Social desirability response bias in self-report research. *Australian Journal of Advanced Nursing*, 4, 40 – 48.
- Volling, B. L., Notaro, P. C., & Larsen, J. J. (1998). Adult attachment styles: Relations with

- emotional well-being, marriage, and parenting. *Family Relations*, 4, 355 – 367.
- Waters, E., Kondo-Ikemura, K., Posada, G., & Richters, J. (1991). *Learning to love: Mechanisms and milestones*. In M. Gunner & L. A. Sroufe (Eds.), *The Minnesota Symposia on Child Psychology: Vol. 23. Self processes and development* (pp. 217-255). Hillsdale, NJ: Erlbaum.
- Winston, H. (2005). *Unchosen: The hidden lives of Hasidic rebels*. Boston, MA: Beacon Press.
- Wood, R. G. , Goesling, B., & Avellar, S. (2007). The effects of marriage on health: A synthesis of recent research evidence.
<http://aspe.hhs.gov/hsp/07/marriageonhealth/report.pdf>
- Xiaohe, X. & Whyte, M. K. (1990). Love matches and arranged marriages: A Chinese replication. *National Council on Family Relations*, 52, 709-722.
- Yelsma, P. & Athappilly, K. (1988). Marital satisfaction and communication practices: Comparisons among Indian and American couples. *Journal of Comparative Family Studies*, 19, 37 – 54.
- Zainah, A. Z., Nasir, R., Hashim, R. S., Yusof, N. M. (2012). Effects of demographic variables on marital satisfaction. *Asian Social Science*, 8, 46 – 49.
- Zeifman, D., & Hazan, C. (1997). *Attachment: The bond in pair-bonds*. In J. A. Simpson & D. T. Kenrick (Eds.), *Evolutionary social psychology* (pp. 237-263). Mahwah, NJ: Erlbaum.

APPENDIX A: STUDY'S WEBSITE



About the Researchers x

www.themarriagestudy.com/about-the-researchers.html

HOME ABOUT THE STUDY ABOUT THE RESEARCHERS CONTACT US



Yehoshua (Shia) Bochner, is a doctoral student at Fielding Graduate University and a faculty member at Touro College. Shia is a Hasidic Jew and resides in Borough Park in Brooklyn, New York. Amongst his many interests, is a deep desire to understand and potentially be of assistance to the Hasidic community. He is the researcher of this study.

Student Researcher



Sanford L. Drob, Ph.D. (Sandy Drob) is a psychologist, philosopher, and theological writer. Dr. Drob is on the Core Faculty in Clinical Psychology at Fielding Graduate University. Dr. Drob holds doctorates in both clinical psychology and philosophy. He is the author of four scholarly books and numerous articles on the philosophical and psychological aspects of Jewish mysticism.

Dissertation Chair



Joseph P. Bush, PhD, is on the core faculty in Clinical Psychology Program at Fielding Graduate University. Dr. Bush also holds Affiliate Faculty appointments in the Department of Pediatrics at the University of California at Los Angeles and in the Department of Psychology at Antioch University Santa Barbara. He has been awarded several grants and has presented and published extensively in these areas.

Methods Expert



Debra Bendell Estroff, PhD is a faculty member at Fielding Graduate University in the School of Psychology. She is a member of the American Psychological Association and the Society of Pediatric Psychology.

Second Reader



R. Chris Fraley, PhD, is a Professor at the University of Illinois's Department of Psychology. He received his PhD from the University of California, Davis in 1999 in Social-Personality Psychology. In 2007 he received the American Psychological Association's Distinguished Scientific Award for Early Career Contribution to Psychology in the area of Individual Differences. Dr. Fraley's research involves the study of attachment processes in close relationships, personality dynamics and development, and research methods. He is also broadly interested in issues at the interface of social cognition, development, evolution, and psychodynamics.

External Observer

Contact Us x

www.themarriagestudy.com/contact-us.html

HOME ABOUT THE STUDY ABOUT THE RESEARCHERS CONTACT US

Contact Information

Shia Bochner, MA
ybochner@gmail.com
(718) 853-3114

Sanford L. Drob, PhD
sdrob@fielding.edu
(347) 497-5740

Send us a message

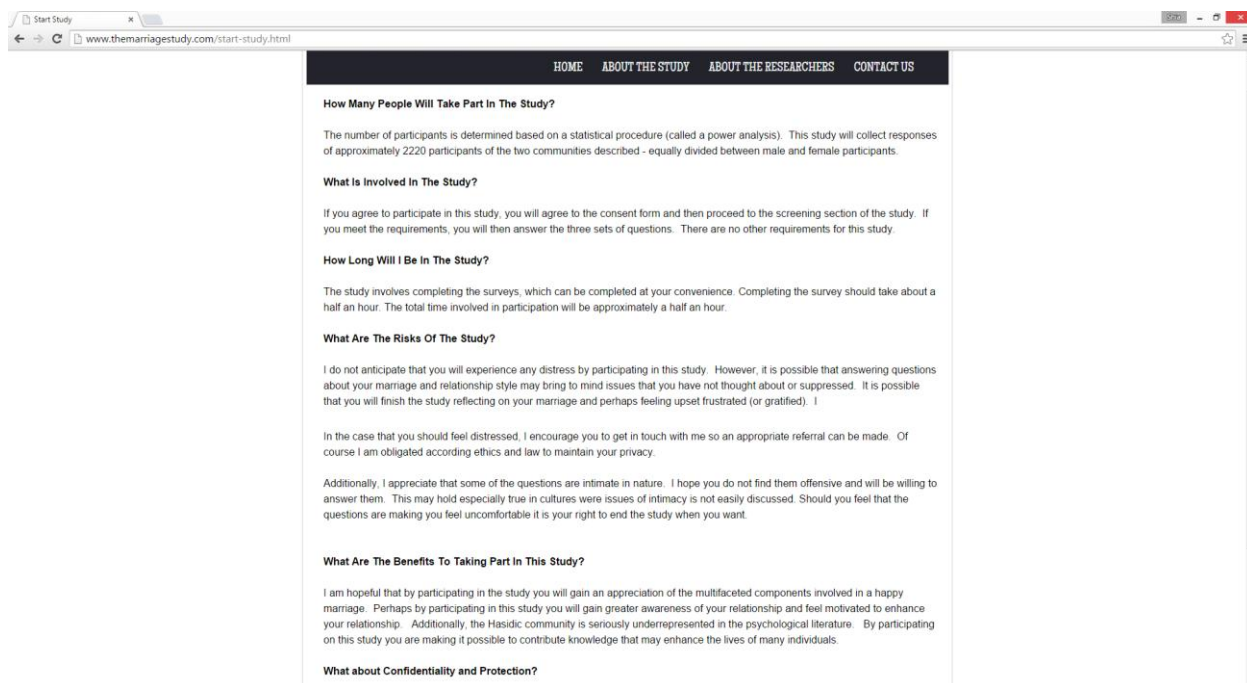
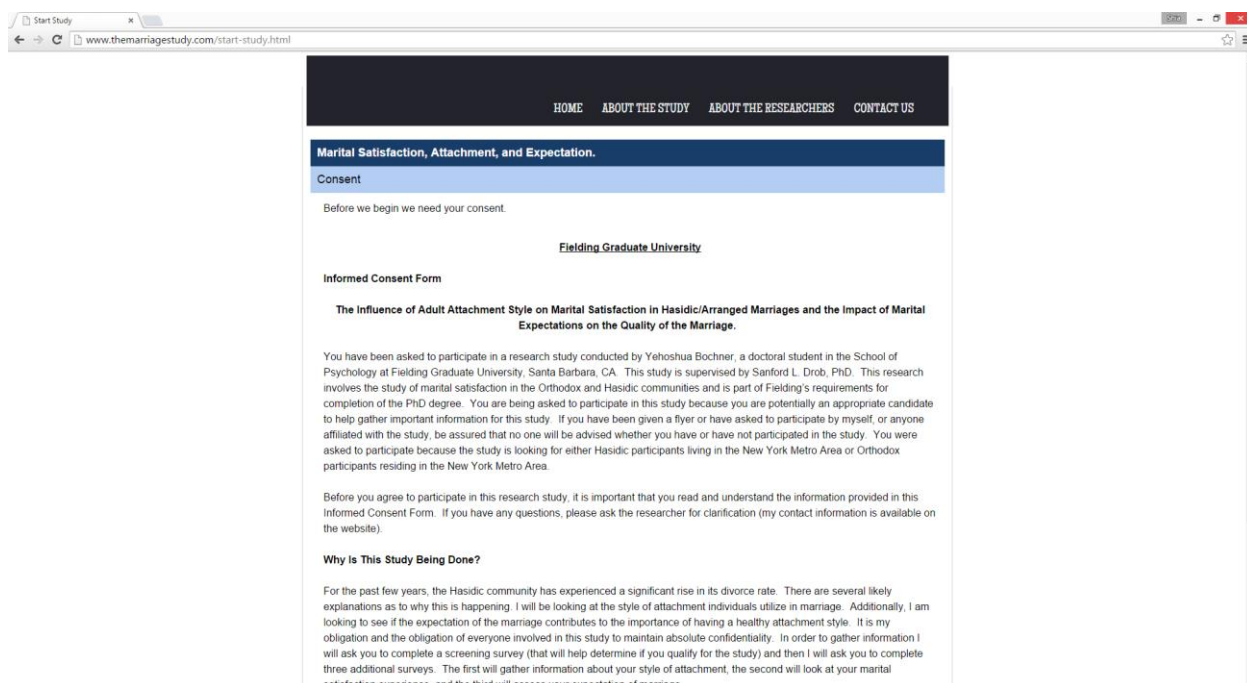
Name:

Email:

Subject:

Message:

SUBMIT



Start Study x

www.themariagestudy.com/start-study.html

HOME ABOUT THE STUDY ABOUT THE RESEARCHERS CONTACT US

Because of the sensitive nature of this study, you will never be asked for any identifying information. Upon completion of the study you will have the option of entering a raffle. However, the information you supply for the raffle is not in any connected with the survey questions. Additionally, I will provide the option to provide me with an email address if you do not wish to reveal your identity. Study related records will be held in confidence. Your consent to participate in this study includes consent for the researcher, supervising faculty, and possibly a confidential Research Assistant who may also see your data. Your research records may also be inspected by authorized representatives of the Fielding Graduate University, including members of the Institutional Review Board or their designees. They may inspect, and photocopy as needed, your records for study monitoring or auditing purposes. In addition, parts of your record may be photocopied. None of the records will contain identifying information (except if you provide them for the raffle).

The results of this research will be published in my dissertation and possibly published in subsequent journals, books or presentations.

The security of data transmitted over the Internet cannot be guaranteed, therefore, there is a slight risk that the information you send to me via email will not be secure. The collection of such data is not expected to present any greater risk than you would encounter in everyday life when sending and/or receiving information over the Internet.

Participation in Research is Voluntary:

You are free to decline to participate

at any time, either during or after your participation, without negative consequences. Should you withdraw, your data will be eliminated from the study and will be destroyed.

The researcher is also free to terminate the study at any time.

Compensation:

When you complete the study you will have the option to enter your information into a raffle to win an iPad 2. Please note that the raffle is for those who successfully completed the entire study. If you took the screener and did not qualify you will not be entered into the raffle.

Additional Information:

If you have any questions about any aspect of this study or your involvement, please tell the Researcher before signing this form. You may also contact the supervising faculty if you have questions or concerns your participation in this study. The supervising faculty has provided contact information at the bottom of this form.

You may ask questions at any time during your participation in this study

Start Study x

www.themariagestudy.com/start-study.html

If at any time you have questions or concerns about your rights as a research participant, contact the Fielding Graduate University IRB by email at irb@fielding.edu or by telephone at 805-898-4033.

At the end of this page, you will see the option to either agree or disagree to the term described. If you agree to the terms described in this document and wish to participate then please select agree and you will be lead to the surveys. If you do not agree to these terms or if you do not wish to participate in this study you can select disagree or simply close the web page.

I have read the above informed consent document and have had the opportunity to ask questions about this study. I have been told my rights as a research participant, and I voluntarily consent to participate in this study. By selecting the agree option, I agree to participate in this research study.

Contact Information:

Sanford L. Drob, PhD, sdrob@fielding.edu
Yehoshua (Shia) Bochner, PhD candidate, ybochner@email.fielding.edu or ybochner@gmail.com. Alternatively, you can call me at 718-853-3114.

School Information:

Fielding Graduate University, 2020 De La Vina Street, Santa Barbara, CA 93105 - 3814. (805) 687 - 1099.

1. Do you agree with the terms described in the consent form?

☐ Yes
☐ No

Next

Powered by **SurveyMonkey**
Check out our [sample surveys](#) and create your own now!

APPENDIX B: LIST OF QUESTIONNAIRES

Experience in Close Relationships Revised (ECR – R)

1. I'm afraid that I will lose my partner's love.
2. I often worry that my partner will not want to stay with me.
3. I often worry that my partner doesn't really love me.
4. I worry that romantic partners won't care about me as much as I care about them.
5. I often wish that my partner's feelings for me were as strong as my feelings for him or her.
6. I worry a lot about my relationships.
7. When my partner is out of sight, I worry that he or she might become interested in someone else.
8. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.
9. I rarely worry about my partner leaving me.
10. My romantic partner makes me doubt myself.
11. I do not often worry about being abandoned.
12. I find that my partner(s) don't want to get as close as I would like.
13. Sometimes romantic partners change their feelings about me for no apparent reason.
14. My desire to be very close sometimes scares people away.
15. I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.
16. It makes me mad that I don't get the affection and support I need from my partner.
17. I worry that I won't measure up to other people.
18. My partner only seems to notice me when I'm angry.
19. I prefer not to show a partner how I feel deep down.
20. I feel comfortable sharing my private thoughts and feelings with my partner.
21. I find it difficult to allow myself to depend on romantic partners.
22. I am very comfortable being close to romantic partners.
23. I don't feel comfortable opening up to romantic partners.
24. I prefer not to be too close to romantic partners.
25. I get uncomfortable when a romantic partner wants to be very close.
26. I find it relatively easy to get close to my partner.
27. It's not difficult for me to get close to my partner.
28. I usually discuss my problems and concerns with my partner.
29. It helps to turn to my romantic partner in times of need.
30. I tell my partner just about everything.
31. I talk things over with my partner.
32. I am nervous when partners get too close to me.
33. I feel comfortable depending on romantic partners.
34. I find it easy to depend on romantic partners.
35. It's easy for me to be affectionate with my partner.
36. My partner really understands me and my needs.

Revised Dyadic Adjustment Scale (RDAS)

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Religious matters	5	4	3	2	1	0
2. Demonstrations of affection	5	4	3	2	1	0
3. Making major decisions	5	4	3	2	1	0
4. Sex relations	5	4	3	2	1	0
5. Conventionality (correct or proper behavior)	5	4	3	2	1	0
6. Career decisions	5	4	3	2	1	0

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
8. How often do you and your partner quarrel?	0	1	2	3	4	5
9. Do you ever regret that you married (or lived together)?	0	1	2	3	4	5
10. How often do you and your mate "get on each other's nerves"?	0	1	2	3	4	5

	All the time	Most of the time	More often than not	Occasionally	Never
11. Do you and your mate engage in outside interests together?	4	3	2	1	0

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
12. Have a stimulating exchange of ideas	0	1	2	3	4	5
13. Work together on a project	0	1	2	3	4	5
14. Calmly discuss something	0	1	2	3	4	5

Personal Assessment of Intimacy in Relationships (PAIR)

1. My partner listens to me when I need someone to talk to.
2. We enjoy spending time with other couples.
3. I am satisfied with the level of affection in our relationship.
4. My partner helps me clarify my thoughts and feelings.
5. We enjoy the same recreational activities.
6. My partner has all of the qualities I've always wanted in a mate.
7. I can state my feelings without him/her getting defensive.
8. As a couple, we usually "keep to ourselves."
9. I feel our level of affection is just routine.
10. When having a serious discussion, it seems we have little in common.
11. I share in few of my partner's interests.
12. There are times when I do not feel a great deal of love and affection for my partner.
13. I often feel distant from my partner.
14. We have few friends in common.
15. I am able to tell my partner when I want sexual intimacy.
16. I feel "put-down" in a serious conversation with my partner.
17. We like playing and having fun together.
18. Every new thing I have learned about my partner has pleased me.

19. My partner can really understand my hurts and joys.
20. Having time together with friends is an important part of our shared activities.
21. Because of my partner's lack of caring, I "hold back" my sexual interest.
22. I feel it is useless to discuss some things with my partner.
23. We enjoy the out-of-doors together.
24. My partner and I understand each other completely.
25. I feel neglected at times by my partner.
26. Many of my partner's closest friends are also my closest friends.
27. Sexual expression is an essential part of our relationship.
28. My partner seldom tries to change my ideas.
29. We seldom find time to do fun things together.
30. My partner has some negative traits that bother me.
31. I sometimes feel lonely when we're together.
32. My partner disapproves of some of my friends.
33. My partner seems disinterested in sex.
34. We have an endless number of things to talk about.
35. We share few of the same interests.
36. I have some needs that are not being met by my relationship.

APPENDIX C: MARRIGE STYLE QUISTIONNAIRE

The following several questions will help determine your style of marriage.

- 1) Where the meetings with your spouse prior to marriage referred to as “*beshow*s”?
- 2) Prior to the engagement, did you meet less than six hours in total?
- 3) During the engagement period, did you meet or speak with your spouse?
- 4) If your meetings with your spouse were not referred to as beshows, then were they considered dates?
- 5) When you started dating your spouse did you assume that you will likely not have more than 10 dates?
- 6) When you started dating your spouse did you have no thoughts about how many dates but rather whenever the two of you feel ready?
- 7) When you started dating your spouse did you think it is acceptable and normal to date for a period of six months?

Criteria:

- a) If the answer is beshows it is exclusively arranged (no one other than those practicing arranged marriages refer to the meeting with their spouse as beshows).
- b) Less than six hours is typical of Hasidic/arranged marriages.
- c) Not interacting throughout the engagement period is standard practice amongst Hasidim.
- d) If the meetings were not beshows, then meeting for a pre-determined period of time would be classified as not arranged and neither romantic (in essence invalid for the study)
- e) If there were not a presumed number of dates, would suggest non-arranged.

- f) If meeting for six months is considered acceptable it further solidifies the likelihood of a non-arranged and romantically based marriage.